



All Rise, Inc.  
True health for real people.



# Surviving 2 Thriving: Get Beyond the Veil

The Workbook  
Self-Care Challenge

-When You Embody Health-  
---The Body Heals Itself---

# My Health Vision Envision for 30 Days

Today's Date:

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## Identify Blocks to Health

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Identities and beliefs to release to  
embody your vision:

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I now believe this is possible:  
(Imagine & Feel into 2-6x/day)

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What resources and support are  
you currently using for your  
health progression?

Promises I want to make and keep:



30 Days of Gratitude  
(Take a few deep breaths  
before you write) Continue with a  
new notebook!