



I easily achieve
my health
and
wellness goals

Nutritional Nurturing



**I love
veggies!**

I prefer
organic
foods

Nutritional Nurturing

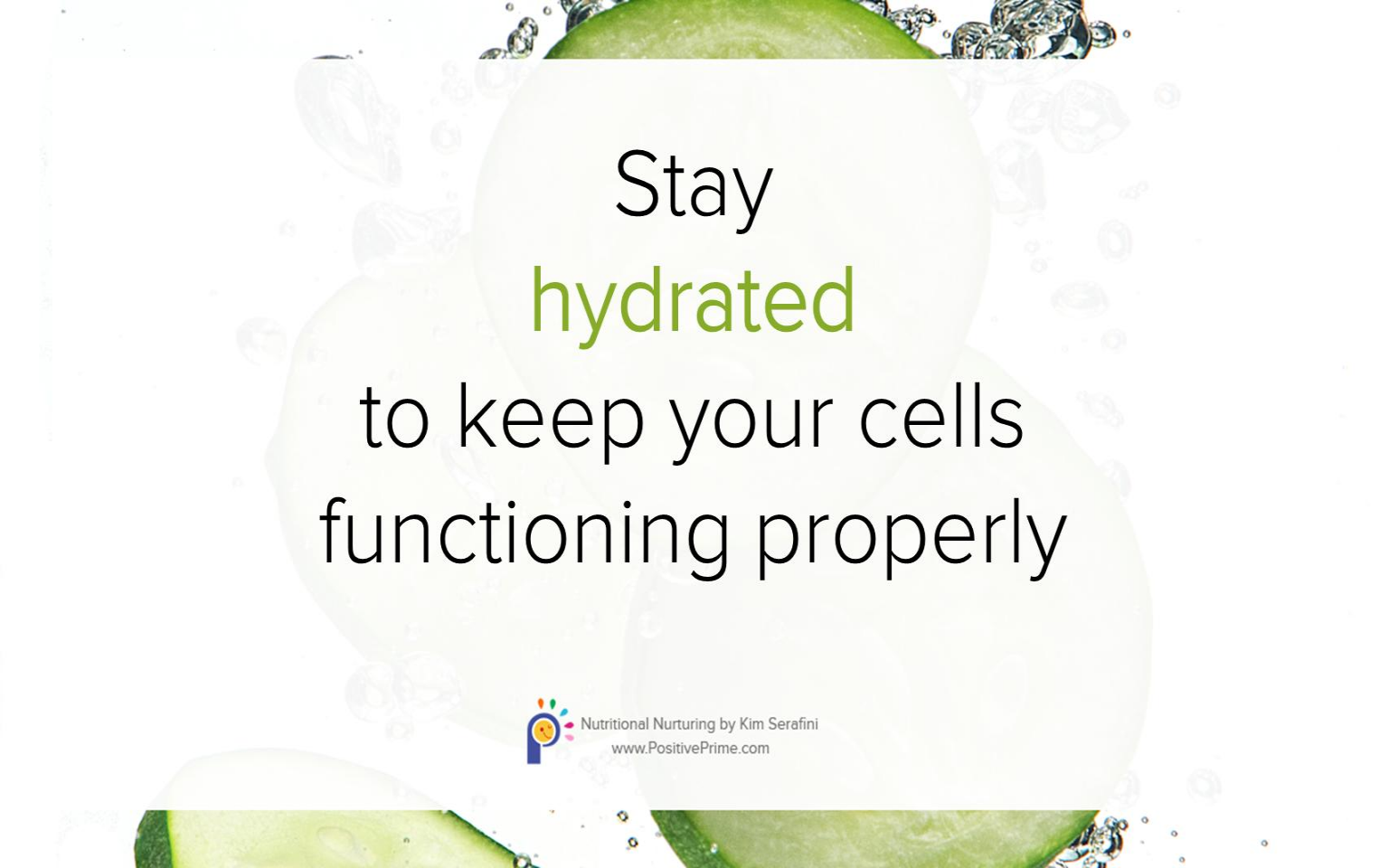


Energy flows
where
good food
goes!



Nutritional Nurturing






Stay
hydrated
to keep your cells
functioning properly



Nutritional Nurturing by Kim Serafini
www.PositivePrime.com

A photograph of fresh ginger roots and a glass bowl filled with ginger powder, set against a dark background. The ginger roots are on the left, and the bowl of powder is on the right. The text is overlaid in the center.

Prevention
is always
better
than the cure

Nutritional Nurturing



My cells
are supported
by
essential nutrients

Nutritional Nurturing

Read labels
and
choose only
real food



Healthy food
is
everywhere



Nutritional Nurturing by Kim Serafini

I take care
of
myself



Nutritional Nurturing by Kim Serafini
www.PositivePrime.com





My body
is
functioning
perfectly

Nutritional Nurturing



**Vegetables account
for
most of my
food intake**

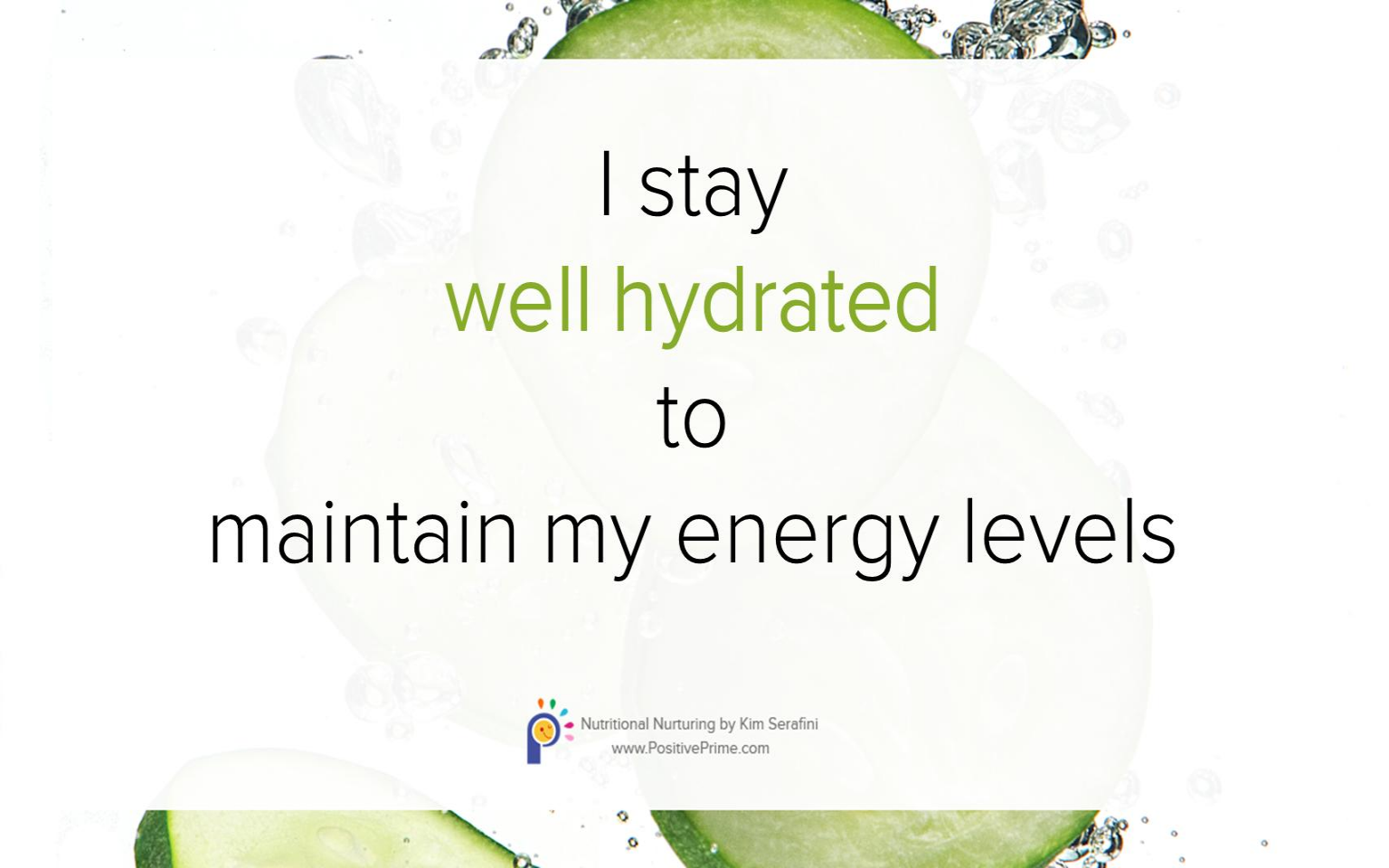
I improve my
diet in small
steps every
day

Nutritional Nurturing



My great
nutritional choices
say yes to vitality
and energy!





I stay
well hydrated
to
maintain my energy levels

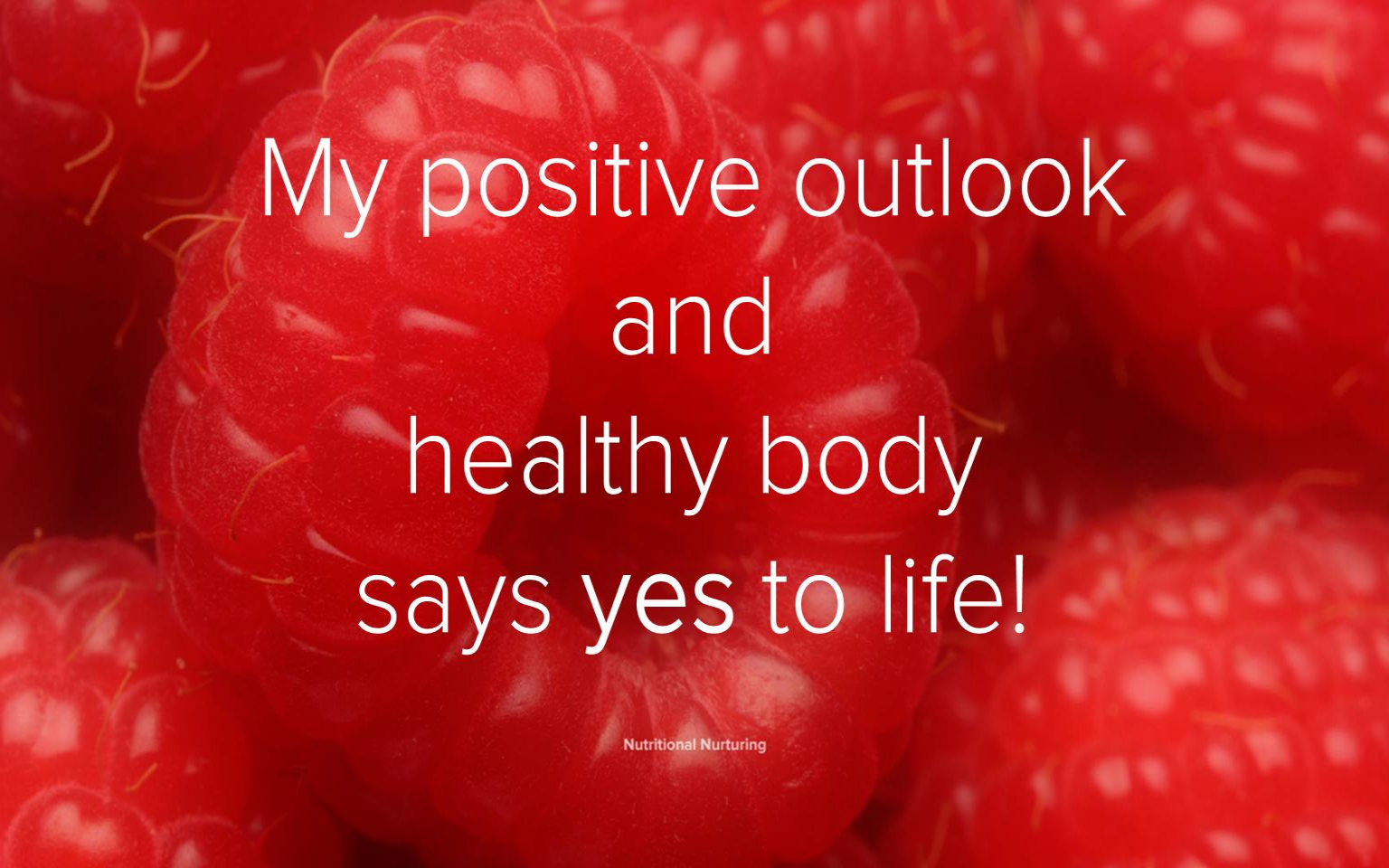


Nutritional Nurturing by Kim Serafini
www.PositivePrime.com

A photograph of ginger roots and a glass bowl of ginger powder. The ginger roots are on the left, and the bowl of powder is on the right. The image has a dark, semi-transparent overlay, and the text "I get energy from good food" is written in white, centered over the image.

I get energy
from
good food

Nutritional Nurturing



My positive outlook
and
healthy body
says **yes** to life!

Nutritional Nurturing

Every time
you eat
is an opportunity
to nourish your body



Healthy people
inspire me
to
action



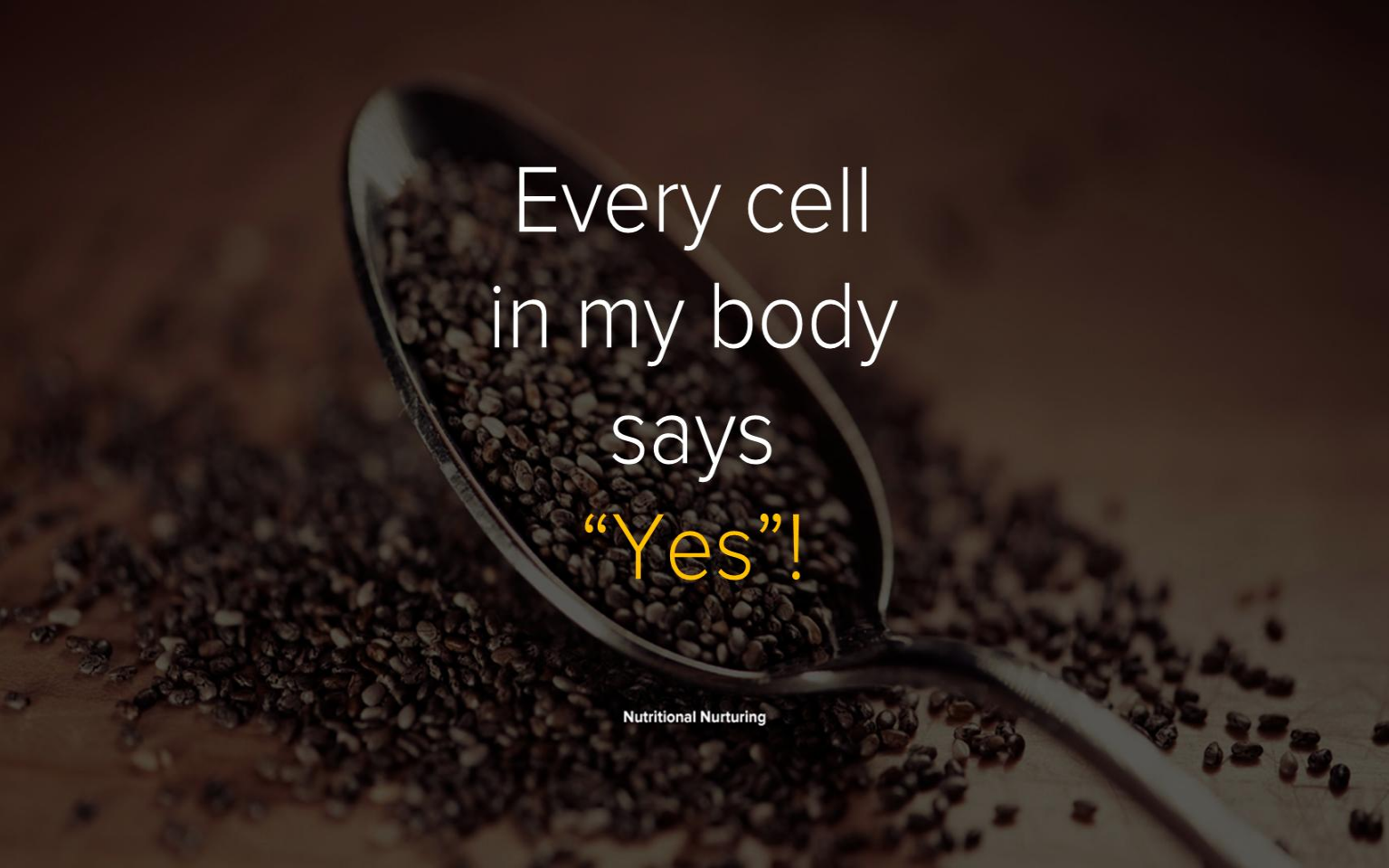
Nutritional Nurturing by Kim Serafini

It's
important
to
take care
of yourself



Nutritional Nurturing by Kim Serafini
www.PositivePrime.com





Every cell
in my body
says
“Yes”!

Nutritional Nurturing



**Vegetables
are
delicious!**

Eating well
is a
natural part
of my day

Nutritional Nurturing



Create a
nutritional rainbow
on your plate
every day!



Nutritional Nurturing




The background of the slide features several slices of fresh cucumber and numerous water droplets of various sizes, creating a fresh and healthy aesthetic. The text is centered over a large, semi-transparent white circle.

Exercise
helps me feel
good
about myself

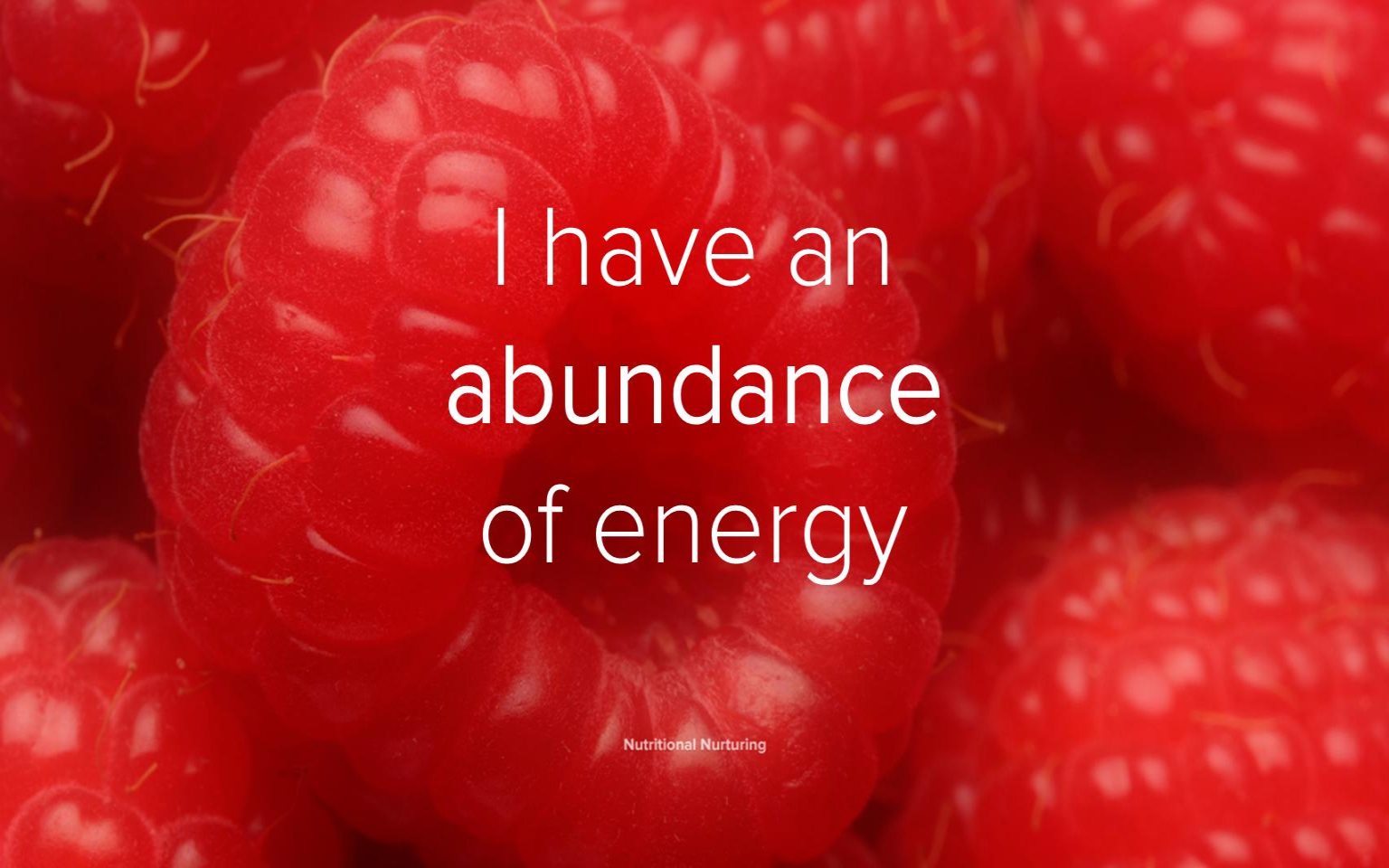


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A photograph of fresh ginger roots and a glass bowl filled with ginger powder, set against a dark background. The ginger roots are on the left, and the bowl of powder is on the right. The text is overlaid in the center.

Your mind
is focused
on
health

Nutritional Nurturing



I have an
abundance
of energy

Nutritional Nurturing

Eat
to nourish
your body



I
love
real food!



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Focus your mind on health



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www.PositivePrime.com





3 months from now,
you will thank
yourself for your
good choices!

Nutritional Nurturing



Health
health health health
health

Health
comes from
nutrition

Nutritional Nurturing




I nurture my body
with the best food
available
to me



Nutritional Nurturing




The background features several slices of fresh cucumber arranged in a circular pattern, with numerous clear water droplets and bubbles scattered throughout, creating a fresh and healthy aesthetic.

Health
is my
greatest
asset



Nutritional Nurturing by Kim Serafini
www.PositivePrime.com

A photograph of fresh ginger roots and a glass bowl filled with ginger powder, set against a dark background. The ginger roots are on the left, and the bowl of powder is on the right. The text "You have a perfectly functioning body" is overlaid in white, centered in the image.

You have a
perfectly
functioning
body

Nutritional Nurturing



Yes

yes yes yes yes yes yes

yes yes yes yes yes

Always ask,
“will this food
make me
feel good
afterward?”



I respect
my body's
needs

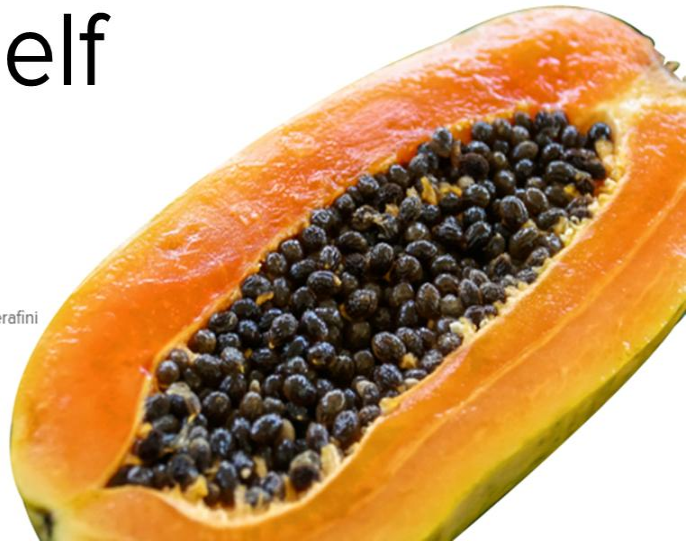


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I love
taking care
of myself



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www.PositivePrime.com





Becoming healthy
is the
best decision
I've ever made!

Nutritional Nurturing



**Vegetables are colorful.
The more color on your
plate, the higher the
nutritional
value!**

Fresh fruit
is a great
snack

Nutritional Nurturing



Whenever possible,
choose
local and seasonal
food




The background features several slices of fresh cucumber arranged in a circular pattern, with numerous clear water droplets and bubbles scattered throughout, creating a fresh and healthy aesthetic.

Your
muscles
are
designed
for action




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A photograph of fresh ginger roots and a glass bowl filled with ginger powder, set against a dark background. The ginger roots are on the left, and the bowl of powder is on the right. The text is overlaid in the center.

I am
buzzing
with high
energy and vitality

Nutritional Nurturing



You have an
abundance
of energy

Nutritional Nurturing

What you eat
in private
eventually
is what you
wear in public



I love
my
body!



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Be
gr8ful!



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I express
thanks for
my body with
great self-care

Nutritional Nurturing



**Nutritional nurturing
is an important way
to
maintain health**

Fresh fruits
and
veggies
are abundant
in nutrients

Nutritional Nurturing

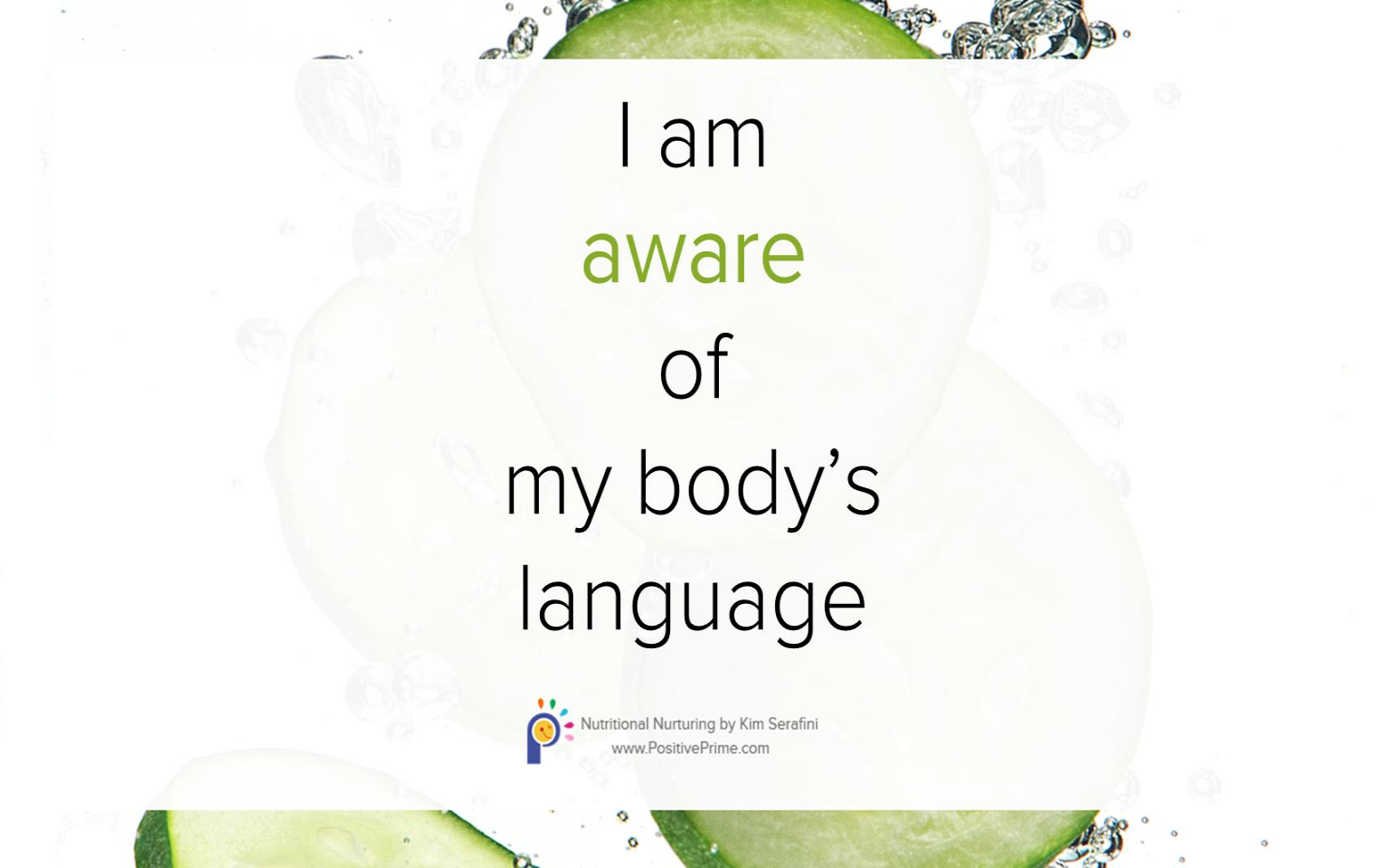


I appreciate
the art
of eating
well



Nutritional Nurturing






I am
aware
of
my body's
language



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A photograph of ginger roots and a glass bowl of ginger powder, with a semi-transparent dark overlay containing text. The ginger roots are on the left and the bowl of powder is on the right. The text is centered over the image.

Healthy food
makes me feel
awake and alert
all day

Nutritional Nurturing



Your body
is
designed
to
feel good

Nutritional Nurturing

You are
what you eat.
You are
healthy!



Health
is
attractive



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I am full
of
energy!



Nutritional Nurturing by Kim Serafini
www.PositivePrime.com



A close-up photograph of a metal spoon filled with dark, textured seeds, likely chia seeds. The spoon is tilted, and some seeds have spilled out onto the surface around it. The background is dark and out of focus. The text "You prioritize health and wellbeing" is overlaid on the image, with "health" and "wellbeing" in yellow and "You prioritize" and "and" in white.

You prioritize
health
and
wellbeing

Nutritional Nurturing



**My
healthy lifestyle
includes
excellent nutrition**

I fill up my tank
with
good food
and
good thoughts

Nutritional Nurturing



You can make
excellent nutritional
choices
today



Nutritional Nurturing



The background features several slices of fresh cucumber arranged in a circular pattern, with numerous clear water droplets and bubbles scattered throughout, creating a fresh and healthy aesthetic.

Nutrition
is
performance
from
inside out!



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A photograph of fresh ginger roots and a glass bowl filled with ginger powder, set against a dark background. The ginger roots are on the left, and the bowl of powder is on the right. The text "I am proactive about my health" is overlaid in the center in white.

I am
proactive
about
my health

Nutritional Nurturing



I easily
achieve my
fitness goals

Nutritional Nurturing

Eat well today.
Your body will
reward you with
exuberant
energy!



I see
health
everywhere



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I love
to eat
fruit



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I did I did I did

I did I did I did

I did I did I did

I did I did

Nutritional Nurturing



**Health and vitality
are my
natural state**

Every meal
contains
a fresh
vegetable

Nutritional Nurturing



I am aware
of the
importance
of nutrition



Nutritional Nurturing






Health
and
wellbeing
are my
priority




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A photograph of fresh ginger roots and a glass bowl filled with ginger powder, set against a dark background. The ginger roots are on the left, and the bowl of powder is on the right. The text "My mind is focused on health" is overlaid in the center.

My mind
is focused
on
health

Nutritional Nurturing



You feel
energized
and
sexy

Nutritional Nurturing

Eat healthy!
feel healthy!
be healthy!



I honor
my
body's
needs

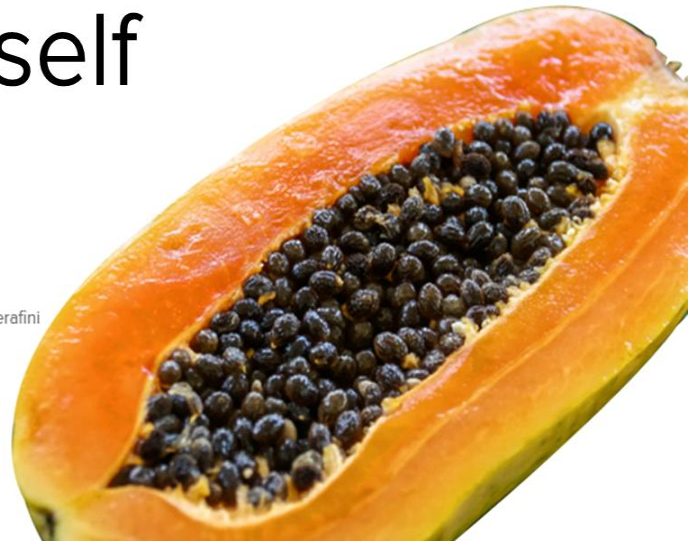


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You love
to
take care
of yourself



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A close-up photograph of a metal spoon filled with dark, small seeds, likely chia seeds. The spoon is tilted, and some seeds have spilled out onto a light-colored wooden surface. The background is dark and out of focus. The text "I am an inspiration to others!" is overlaid on the image in white and yellow.

I am an
inspiration
to
others!

Nutritional Nurturing



**Eating healthy
means
thanking nature
for its bounty**

Eat well,
move daily,
hydrate often,
sleep lots
and
love your body!

Nutritional Nurturing



I am
enthusiastic
about trying
new foods



Nutritional Nurturing





Good food
is
healthy food




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“Let food be thy medicine
and medicine thy food.”

- Hippocrates



I am healthy
because
I am happy!

Nutritional Nurturing

Whole,
natural foods
are
the best



Life
is a
gift



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I am
happy
now!



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I did it!

I did it!

I did it!

I did it!

I did it!

Nutritional Nurturing



**Vegetables
are an
amazing source
of
nutrients and energy**

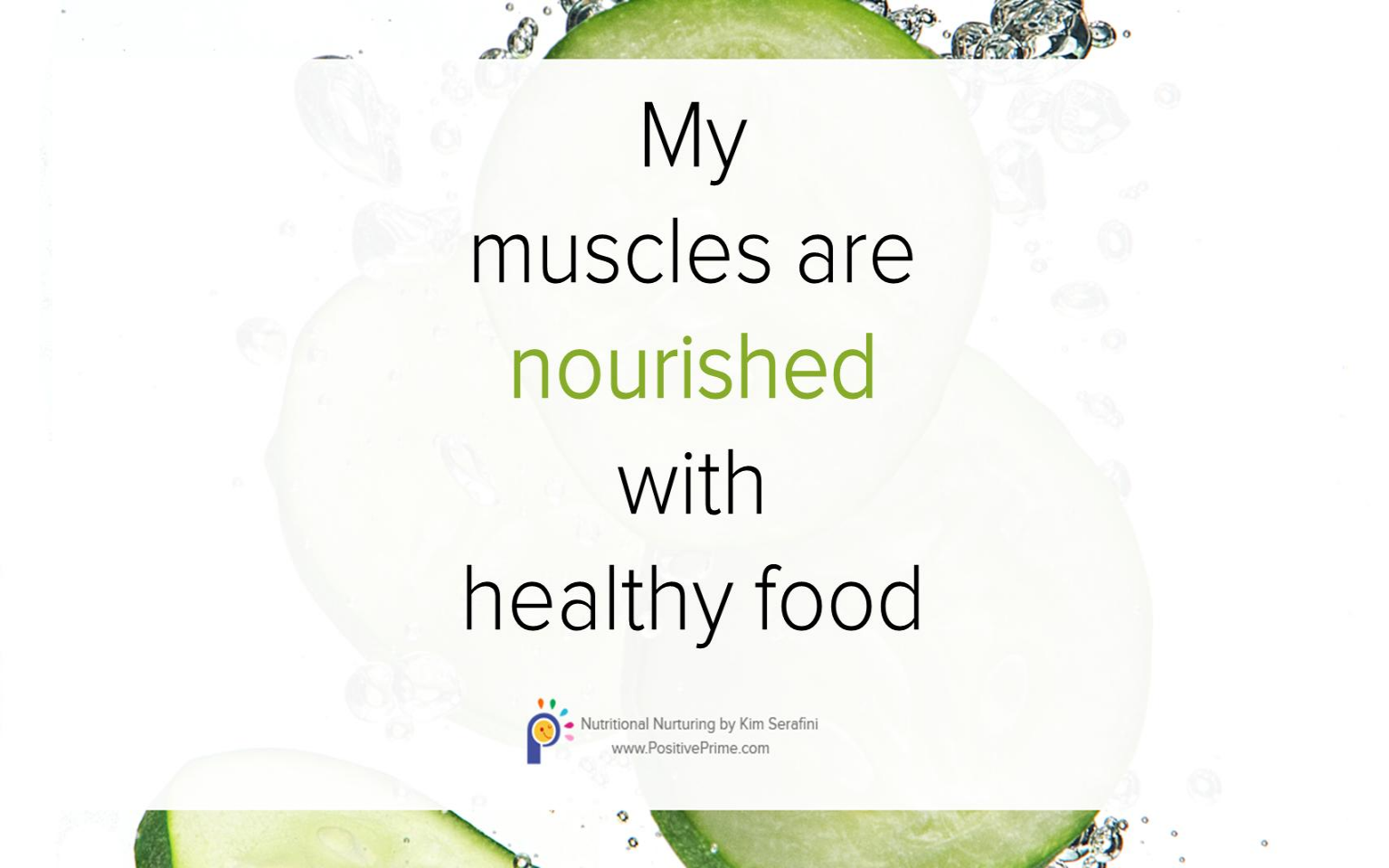
Healthy eating
leads to
natural
weight loss

Nutritional Nurturing

A photograph featuring a whole dark green avocado and a halved avocado showing its light green flesh and large brown pit. In the foreground, a white ceramic bowl is filled with a light green liquid, likely avocado oil. The background is softly blurred, showing more avocados and a warm, golden light source, possibly a candle, creating a healthy and natural atmosphere.

“Wow,
I really regret
eating healthy,”
said no one,
ever




The background features several slices of fresh cucumber arranged in a circular pattern, with numerous clear water droplets and bubbles scattered throughout, creating a fresh and healthy aesthetic.

My
muscles are
nourished
with
healthy food



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A photograph of fresh ginger roots and a glass bowl filled with ginger powder, set against a dark background. The ginger roots are on the left, and the bowl of powder is on the right. The text is overlaid in the center.

You are
buzzing
with high
energy and vitality

Nutritional Nurturing



Happiness
and
health
go hand in hand!

Nutritional Nurturing

Healthy food
is not a quick fix:
It's a permanent
change!



Love
your
body



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I feel
sexy



Nutritional Nurturing by Kim Serafini
www.PositivePrime.com



A close-up photograph of a metal spoon filled with dark, small seeds, likely flax or chia seeds. The spoon is resting on a wooden surface, and many more seeds are scattered around it. The lighting is soft, highlighting the texture of the seeds and the wood. The background is slightly blurred, creating a sense of depth.

I appreciate
my body's
remarkable
abilities

Nutritional Nurturing



**Nutritional nurturing
is
important
to me**

I feel great
when
I eat the
right foods

Nutritional Nurturing




My happy
and positive
mindset
improves
my health



Nutritional Nurturing



The background features a large, faint, light-green water droplet shape in the center. Surrounding this are several slices of fresh cucumber, some at the top and bottom edges, and numerous small, clear water droplets scattered throughout the white background.

Stay
hydrated
to keep your digestive
system functioning properly



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Great
self-care
has
AMAZING
benefits

Nutritional Nurturing



Looking good
and
feeling good
go hand in hand

Nutritional Nurturing

I am
passionate
about
healthy eating



Berries, nuts
and
seeds make
great snacks



Nutritional Nurturing by Kim Serafini

Clean energy
is
important



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I am smiling
and
feeling great
now!

Nutritional Nurturing



**Excellent
nutrition
is part of my
healthy lifestyle**

Show yourself
some love
through
nutritional
nurturing

Nutritional Nurturing

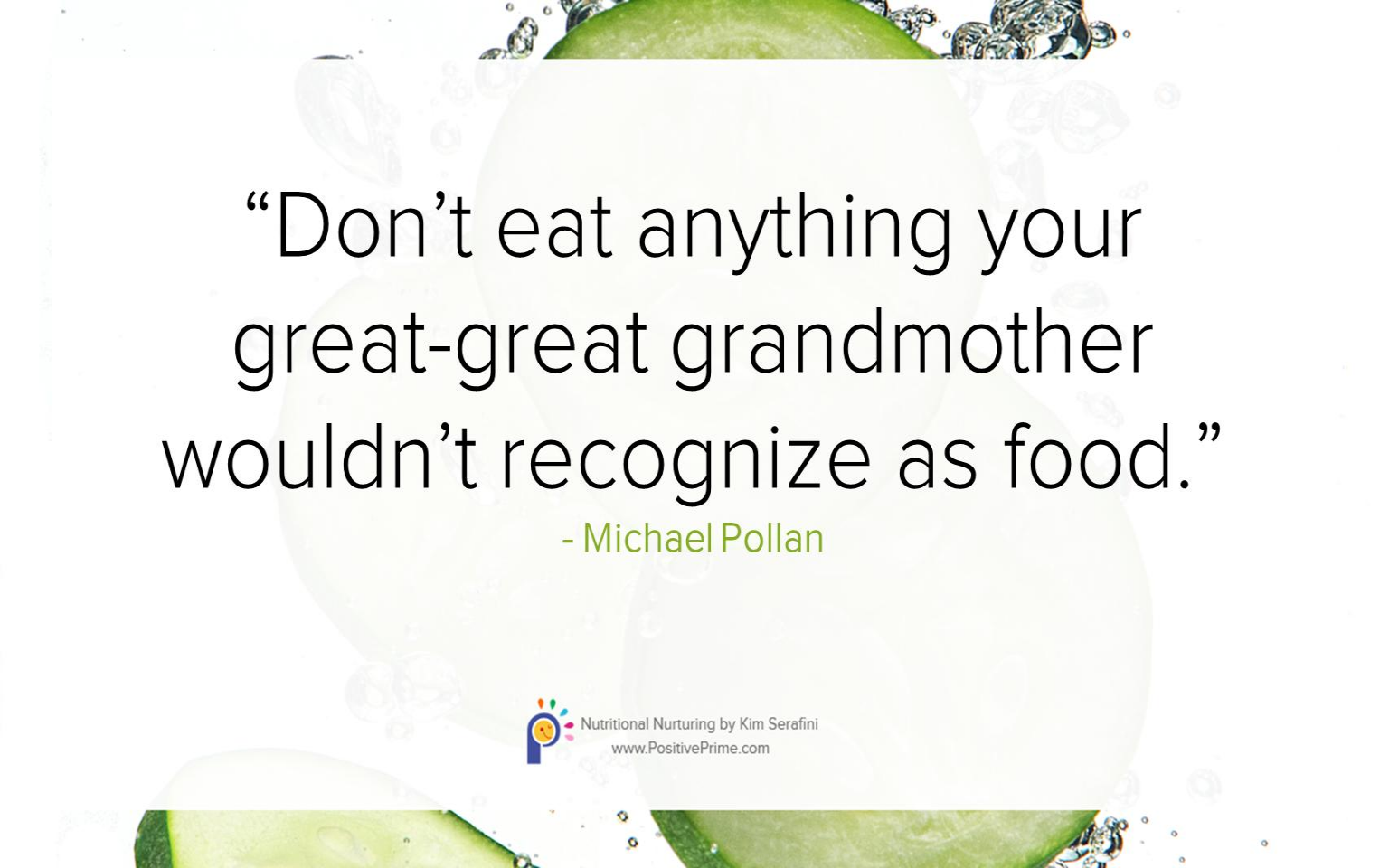


I am making
excellent
nutritional
choices
now



Nutritional Nurturing





“Don’t eat anything your
great-great grandmother
wouldn’t recognize as food.”

- Michael Pollan



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A photograph of fresh ginger roots and a glass bowl filled with ginger powder, set against a dark background. The ginger roots are on the left, and the bowl of powder is on the right. The text is overlaid in the center.

Treating
my body kindly
has
great benefits

Nutritional Nurturing



You are
attractive
and
radiant

Nutritional Nurturing

“Your diet is a bank account. Good food choices are good investments.”

- Bethenny Frankel



I feel
alive
and
vibrant



Nutritional Nurturing by Kim Serafini

Health
is
sexy




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There is a clear
connection
between nutrition
and
performance

Nutritional Nurturing



**Always ask,
“Will this food
nurture me,
or
harm me?”**

Healthy eating
keeps your
energy levels
and
mood high!

Nutritional Nurturing



A
positive mindset
leads to great
nutritional
choices






I am
taking control
of my
health and wellbeing!



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Eat less sugar.
You're
sweet enough
already!



“Take care of your body.
It’s the only place you
have to live.”

- Jim Rohn

Nutritional Nurturing

I get clean
energy
from the
good food
I eat



I love
to
eat healthy!




Nutritional Nurturing by Kim Serafini

Treat
your body
well now



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A close-up photograph of a metal spoon filled with dark, small seeds, likely chia seeds. The spoon is resting on a wooden surface, and many more seeds are scattered around it. The lighting is soft and focused on the spoon, creating a warm, natural atmosphere. The background is slightly blurred, emphasizing the texture of the seeds and the wood.

Infuse
your life
with
spices

Nutritional Nurturing



**My body
thrives
on
vegetables**

Health is
not a
destination,
it is a
way of life

Nutritional Nurturing



Great
nutrition
improves
my
performance



Nutritional Nurturing





You inspire
others
with your
great lifestyle
habits



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A photograph of fresh ginger roots and a glass bowl filled with ginger powder, set against a dark background. The ginger roots are on the left, and the bowl of powder is on the right. The text is centered over the image.

I always
treat
my body
well

Nutritional Nurturing



Fruit
easily satisfies
a
sweet tooth

Nutritional Nurturing

I enjoy
culinary
adventures



I have
done
it!!




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You are
happy
right now!



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Health
is a
natural result
of a
positive mindset

Nutritional Nurturing



**The
right nutrients
support
my body's
functioning**

Small changes
make a big
difference

Nutritional Nurturing




I am
motivated
by happy,
healthy
people



Nutritional Nurturing




The background features several slices of fresh cucumber arranged in a circular pattern, with numerous clear water droplets and bubbles scattered throughout, creating a fresh and healthy aesthetic.

Avoid foods
that have a
Tv
commercial!



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It's easy
to
choose
positive thoughts

Nutritional Nurturing



My brain
thrives
on the right
nutrients

Nutritional Nurturing

Nutrient-dense
foods
are whole,
natural foods



My body
is
a temple



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I am
smiling



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I am grateful
to have
excellent
health!

Nutritional Nurturing



**My
nutritional choices
lead to
high energy**

Smile
smile smile
smile
smile smile

Nutritional Nurturing



I choose
positive
thoughts
now



Nutritional Nurturing






I choose
good fats
to
fuel my body




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A photograph of fresh ginger roots and a glass bowl filled with ginger powder, set against a dark background. The ginger roots are on the left, and the bowl of powder is on the right. The text is overlaid in the center.

You treat
your body
exceptionally
well

Nutritional Nurturing



Excellent nutrition
optimizes brain
function

Nutritional Nurturing

I love eating
healthy food



I feel
attractive
and
radiant



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You
respect
your body



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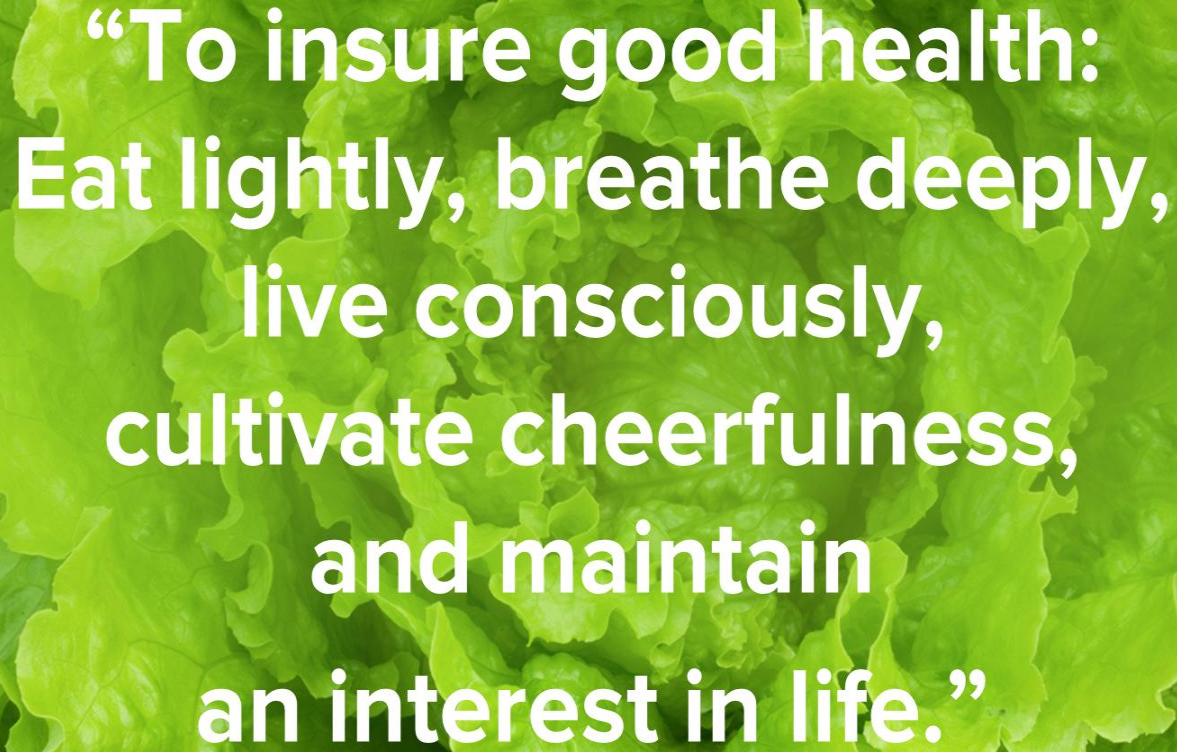




“A healthy outside
starts from the inside”

- Robert Urich

Nutritional Nurturing



**“To insure good health:
Eat lightly, breathe deeply,
live consciously,
cultivate cheerfulness,
and maintain
an interest in life.”**

- William Londen

Creating
healthy
habits
is easy

Nutritional Nurturing



You
appreciate
your
awesome
body



Nutritional Nurturing



Thanks thanks thanks thanks
thanks thanks thanks thanks
thanks thanks




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A photograph of fresh ginger roots and a glass bowl filled with ginger powder, set against a dark background. The ginger roots are on the left, and the bowl of powder is on the right. The text is overlaid in the center.

I enjoy
learning
about
good nutrition

Nutritional Nurturing



I will
I will I will I will I will
I will I will I will
I will

Nutritional Nurturing

Eat good food.
It will come back
to you with energy
and vitality!



I
appreciate
my body




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Health
comes
first!



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I am
thinking
positive
thoughts

Nutritional Nurturing



**Be grateful for
the amazing health
you create through
nutritional nurturing**

Wellbeing
comes
from
nutrition

Nutritional Nurturing



Local and
seasonal
food
is the
healthiest



Nutritional Nurturing




The background features several slices of fresh cucumber arranged in a circular pattern, with numerous clear water droplets and bubbles scattered throughout, creating a fresh and healthy aesthetic.

Commit!
come on,
commit!
commit!
commit!



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A photograph of ginger roots and a glass bowl of ginger powder. The ginger roots are on the left, and the bowl of powder is on the right. The text is overlaid in the center.

I am thankful
to have a
strong and
resilient body!

Nutritional Nurturing



Taking care
of your health
is the
best feeling

Nutritional Nurturing

If you can't
pronounce it,
don't eat it.



I listen
to
my body



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I love
life!




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Optimize
your body's
functioning
with
healthy food

Nutritional Nurturing



**Every day,
I choose to
nurture myself
with
good nutrition**

I am
creating
healthy
habits

Nutritional Nurturing




Loving life
gives you
amazing
energy



Nutritional Nurturing

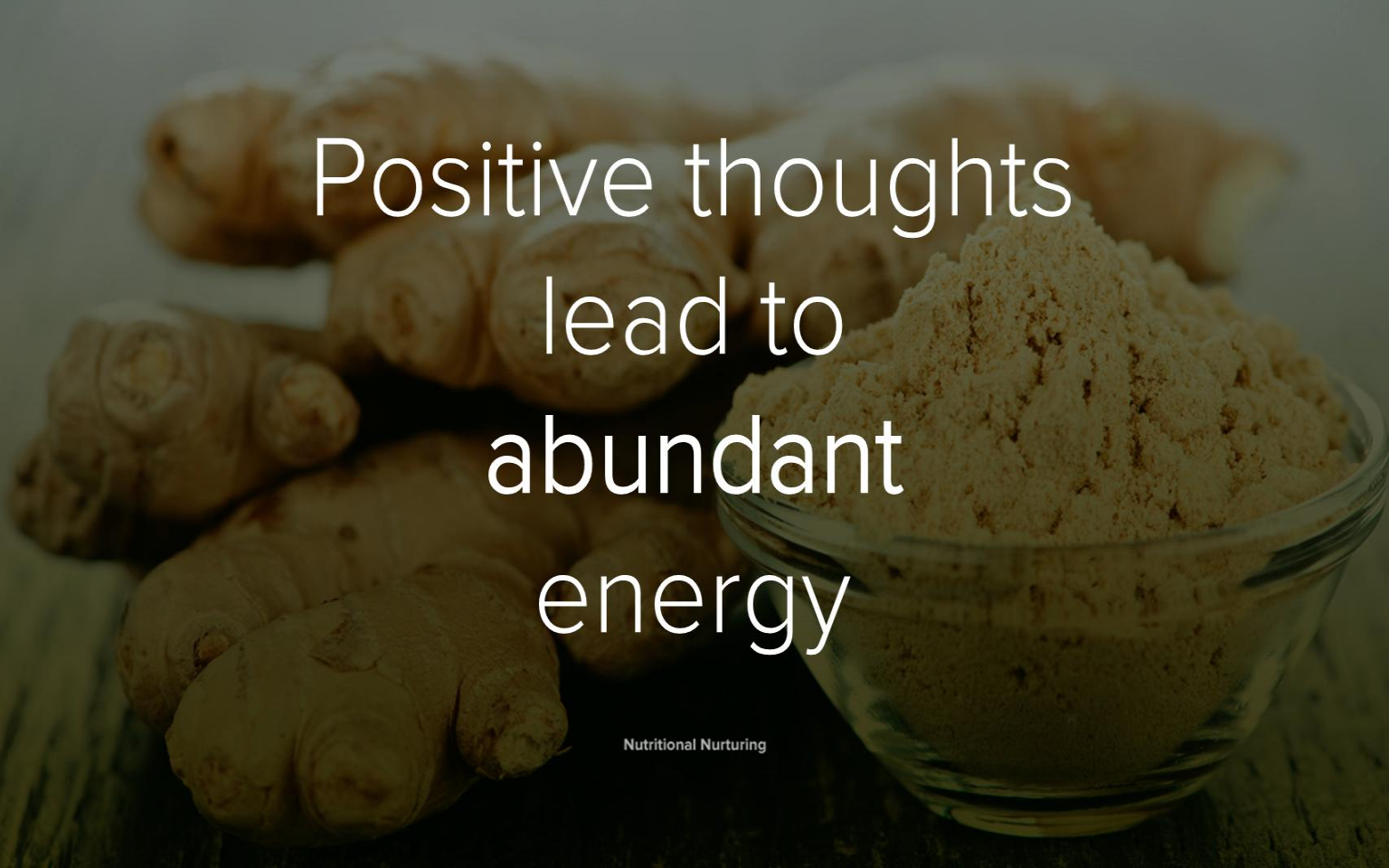


The background features several slices of fresh cucumber arranged in a circular pattern. Interspersed among the slices are numerous clear water droplets and bubbles, creating a fresh and clean aesthetic. The overall color palette is dominated by the light green of the cucumbers and the white of the water droplets.

Thank you
for
helping me
to
get it done!




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A photograph of ginger roots and a glass bowl of ginger powder, serving as a background for the text. The ginger roots are on the left, and the bowl of powder is on the right. The text is centered over the image.

Positive thoughts
lead to
abundant
energy

Nutritional Nurturing



Your body
is strong
and
resilient

Nutritional Nurturing

Nutritious food
gives you
clean energy



You love
to
eat healthy



Nutritional Nurturing by Kim Serafini

Water
gives me
clean energy



Nutritional Nurturing by Kim Serafini
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Many spices
are
natural
medicines

Nutritional Nurturing



**I care
for
my body
with
excellent nutrition**

Nutrition
is
the basis
of health!

Nutritional Nurturing

A photograph featuring a whole dark green avocado and a sliced avocado showing its light green flesh and brown pit. To the left, a white ceramic bowl is filled with a vibrant green smoothie. The background is softly blurred, showing more avocados and a warm, golden light source, possibly a candle, creating a healthy and nourishing atmosphere.

Think about
nutrient
density
instead
of just fuel



Nutritional Nurturing



Thank you thank you
thank you thank you
thank you thank you




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I take care
of myself every day
to
maintain and improve
my health

Nutritional Nurturing



I love myself
and therefore
I choose a
healthy lifestyle

Nutritional Nurturing

Choose whole
and
organic
whenever possible



I prefer
whole
foods




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Eat
better,
feel
better



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“An apple a day keeps
the doctor away.”

- Proverb



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I keep
good food
in my kitchen,
and
I eat good food.



My health
inspires
others



Nutritional Nurturing by Kim Serafini

Eating
healthy
is
sexy



Nutritional Nurturing by Kim Serafini
www.PositivePrime.com



I cook
and
prepare food
with my
best interests
at heart



It's less of
“how much”
you eat –
It's
what you eat



If you
keep good food
in your kitchen,
you will eat
good food



“Health requires
healthy food.”

- Roger Williams



A close-up photograph of a metal spoon filled with dark, small seeds, likely chia seeds. The spoon is resting on a wooden surface, and many more seeds are scattered around it. The lighting is soft, highlighting the texture of the seeds and the wood. The background is slightly blurred, creating a sense of depth.

Thanks
thanks
thanks
thanks

Nutritional Nurturing



**Thanks thanks thanks
thanks thanks thanks
thanks thanks thanks**

Thanks
thanks
thanks

Nutritional Nurturing



Thank you thank you
thank you thank you
thank you
thank you



Thank you thank you thank you
thank you thank you thank you
thank you thank you




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www.PositivePrime.com



Thanks
thanks thanks thanks
thanks thanks



Thanks thanks thanks
thanks thanks
thanks thanks thanks
thanks thanks



Thanks thanks thanks
thanks thanks thanks
thanks thanks thanks
thanks thanks thanks



Thanks
thanks
thanks



Nutritional Nurturing by Kim Serafini

Thanks thanks
thanks
thanks thanks



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www.PositivePrime.com



A close-up photograph of a metal spoon filled with dark, small seeds, likely chia seeds. The spoon is resting on a wooden surface, and many more seeds are scattered around it. The background is dark and out of focus. The text "Thank you" is overlaid on the image in a white, sans-serif font, with the second and fourth instances of "Thank you" highlighted in a yellow color.

Thank you
thank you
thank you
thank you

Nutritional Nurturing



**Thank you thank you
thank you thank you
thank you thank you**

Thank you
thank you
thank you

Nutritional Nurturing



Thanks thanks thanks
thanks thanks
thanks thanks
thanks



Thanks thanks thanks thanks
thanks thanks thanks thanks
thanks thanks



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A photograph of ginger roots and a glass bowl of ginger powder. The ginger roots are on the left, and the bowl of powder is on the right. The text "Thank you thank you thank you thank you" is overlaid in white, centered on the image.

Thank you
thank you thank you
thank you



Thank you thank you
thank you
thank you thank you
thank you

Thank you thank you
thank you thank you
thank you thank you
thank you thank you



Thank you
thank you
thank you

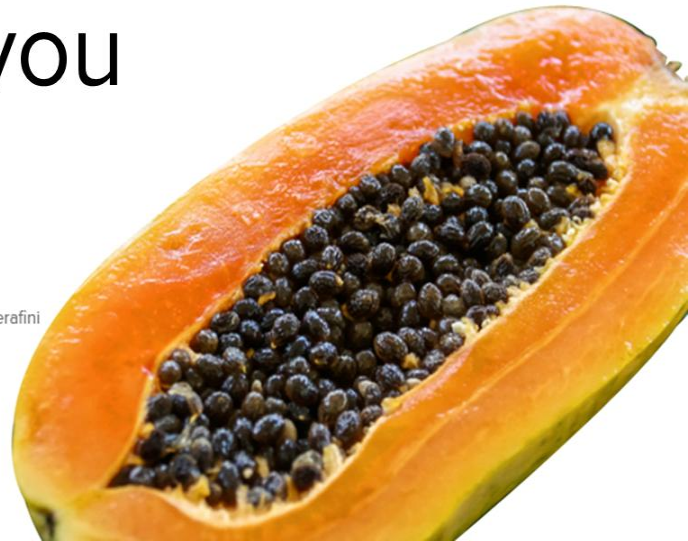


Nutritional Nurturing by Kim Serafini

Thank you
thank you
thank you



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Thank you
so much!

Nutritional Nurturing



**When you're watching
your session
smile
just smile naturally now**

How can I be
more
caring?

Nutritional Nurturing



Life is
happening
for us
not to us...



Nutritional Nurturing





Grateful?

Think about what you are grateful for
and
think about why you are grateful...

Feel the feelings of gratitude



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A photograph showing fresh ginger roots on the left and a glass bowl filled with ginger powder on the right. The background is dark and slightly blurred. The text "What went right?" is overlaid in the center in white.

What
went
right?

Nutritional Nurturing



Actively contribute
to
benefit others

Nutritional Nurturing

Life is
occurring
for me!



How can I be
more
supportive?

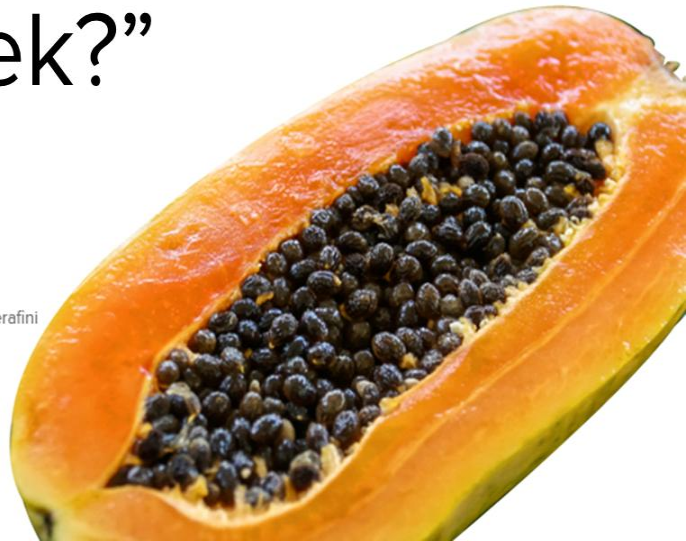


Nutritional Nurturing by Kim Serafini

“What has
inspired you
this week?”



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A close-up photograph of a metal spoon filled with dark, small seeds, likely chia seeds. The spoon is tilted, and some seeds have spilled out onto a light-colored wooden surface. The background is a soft, out-of-focus brown. The text "Show support!" is overlaid on the image, with "Show" in white and "support!" in yellow.

Show
support!

Nutritional Nurturing



**What can I do today
to show someone
I care?**

Make sure
you do
something
caring
today

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You can have,
be,
and do anything
you want



Nutritional Nurturing





Today
Tell someone how much you
appreciate them
today



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A photograph showing several pieces of fresh ginger root on the left and a glass bowl filled with ginger powder on the right. The background is dark and slightly blurred. The text "What has gone well?" is overlaid in the center in a white, sans-serif font.

What has gone well?

Nutritional Nurturing



SMILE
allow the action
to
drive the reaction

Nutritional Nurturing

What if
this is
Heaven?



How can I show
myself & others
kindness?



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Celebrate
your
successes!



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