



SELF-CARE IS ESSENTIAL FOR MENTAL HEALTH. TAKE TIME FOR YOURSELF TO DO THINGS YOU ENJOY.


CONFIDENCE • POWER • EMPOWERMENT




Mountain Pose ✨
I am worthy and powerful. I radiate confidence from my core.



Boat Pose ✨
I rise above self-doubt. I am strong. I am focused.



Plank Pose ✨
I meet challenges with strength and determination. I am resilient.



Chair Pose ✨
I am motivated. I am disciplined. I take action towards my dreams.



Mountain Pose ✨
I step into my inner power. I radiate confidence and strength.



Boat Pose ✨



Plank Pose ✨
I face challenges with determination. I am capable and resilient.



Chair Pose ✨

AValidWalk

“Walking Together Towards Growth And Hope.”

MENTAL HEALTH IS AS IMPORTANT AS PHYSICAL HEALTH



AVALIDWALK
OPEN EYES NON PROFIT

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IT'S CRUCIAL TO TAKE CARE OF YOUR MENTAL HEALTH TO LEAD A HAPPY AND FULFILLING LIFE.

EVERY CHAKRA MATTERS. ALL OF YOU MATTERS.

All Chakras. ONE YOU.

WE'VE HEALED. WE'VE GROWN. WE'RE ALIGNING.
From Root to Throat... and Beyond.
This week we complete the Throat Chakra and bring ALL our chakras together.
One energy. One body. One beautiful life.

	CROWN CHAKRA I KNOW	I trust the Divine. I am connected to higher wisdom.
	THIRD EYE CHAKRA I SEE	I trust my intuition. I see the truth within and around me.
	THROAT CHAKRA I SPEAK	I speak my truth. I listen with clarity. My voice has value.
	HEART CHAKRA I LOVE	I give love. I receive love. I am open, I am healing, I am enough.
	SOLAR PLEXUS CHAKRA I DO	I am confident. I take action. I create my reality.
	SACRAL CHAKRA I FEEL	I embrace pleasure. I honor my emotions. I flow with life.
	ROOT CHAKRA I AM	I am safe. I am grounded. I am supported. I belong here.

When all your chakras are aligned your life becomes *Magical*

AFFIRMATIONS FOR ALL CHAKRAS

- ♥ I am aligned, balanced and whole.
- ♥ I honor my body, mind and spirit.
- ♥ I trust my journey and the timing of my life.
- ♥ I choose peace, love, and light every day.
- ♥ I attract what is meant for my highest good.
- ♥ I am becoming the best version of me.

QUOTES TO INSPIRE YOU

- “You are not just a body. You are energy, light, and a whole universe within.”
- “Align your energy. Attract your destiny.”
- “Healing is not a race. It's a remembering.”
- “Where your energy goes, your life flows.”

WHAT WE HAVE DONE TOGETHER

- ✔ We released what no longer served us.
- ✔ We healed old wounds.
- ✔ We raised our vibration.
- ✔ We built self-love and awareness.
- ✔ We found our voice and our truth.
- ✔ We activated our power.
- ✔ We aligned with our purpose.

Now, we rise and we glow!

WAYS WE'VE NOURISHED OUR ENERGY

- Meditation & Breathwork
- Yoga & Movement
- Journaling & Reflection
- Affirmations & Positive Self-Talk
- Healthy Foods & Herbal Teas
- Rest, Nature & Self Care
- Setting Boundaries
- Drinking Water & Staying Hydrated

Remember...
Your energy is your greatest currency. Protect it. Nurture it. Align it. And watch your life transform.
You Got You. Always.

THANK YOU FOR SHOWING UP FOR YOURSELF THIS WEEK AND EVERY WEEK.

ONE JOURNEY. SEVEN CHAKRAS. INFINITE POSSIBILITIES.
Keep shining, beautiful soul. ♥ - AValidWalk

SELF LOVE

WHO WE ARE:

AVALIDWALK IS A RECOGNIZED 501(C)(3) NONPROFIT ORGANIZATION, AND DONATIONS ARE ALWAYS WELCOME TO HELP SUPPORT FUTURE PROGRAMS, OUTREACH EVENTS, AND COMMUNITY INITIATIVES.

TO LEARN MORE, SUPPORT THE MISSION, OR DONATE, PLEASE VISIT:

AVALIDWALK.COM

TOGETHER, WE CONTINUE WALKING WITH PURPOSE, AWARENESS, AND COMMUNITY.



WHAT WE DO :

CREATING OPPORTUNITIES FOR MOVEMENT, MINDFULNESS AND HEALING

YOUTH AND FAMILY SUPPORT
PROVIDING ENCOURAGEMENT
EDUCATIONAL ACTIVITIES, AND
POSTIVE COMMUNITY ENGAGEMENT

**WELLNESS AND SELF-CARE
EDUCATION**
SHARING TOOLS THAT SUPPORT
MENTAL WELLNESS EMOTIONAL
BALANCE, AND HEALTHY LIFESTYLES

**OUTREACH PROGRAMS AND
RESOURCES**
SUPPORTING COMMUNITIES
THROUGH DONATION DRIVES,
COMMUNITY EVENTS AND ESSENTIAL
RESOURCES

