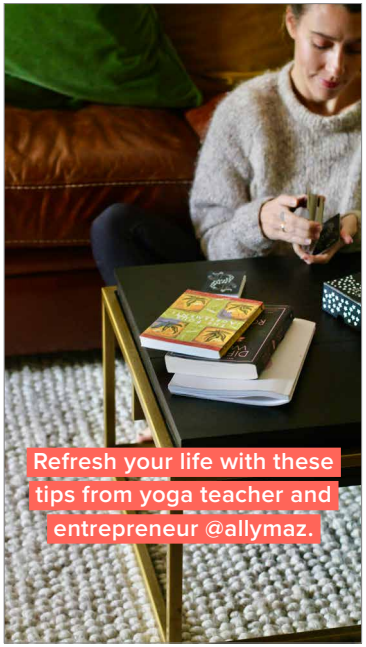
REFRESH YOUR LIFE #1 TIPS WITH ALLY MAZ | W2 STORYBOARD



1

"Tidy your space to tidy your mind. A clean and serene space can inspire you and help you feel at peace."

2

"Ground yourself. Make space to sit on the floor, adding a pillow for comfort, to feel more settled and connected."

3

"Take time out just for yourself. Now is the time to reset your energy with more 'me' time. "