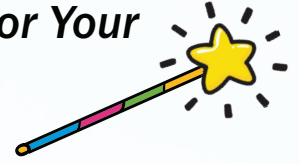




3-Day Self-Love Reset

A Mini At-Home Retreat for Your Adorable Badass Soul!



Welcome, Beautiful Soul!

This is your invitation to pause, breathe, and come home to you. These next 3 days are designed to give you a joyful, empowering taste of Camp Atta Girl! — no suitcase, bug spray, or group cabin required.

Each day includes a short practice, a journaling prompt, a power affirmation, and a playful invitation to move your body or shake things up.

You ready? Let's do this.

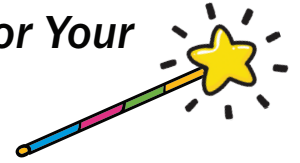


 **Camp Atta Girl!**[®]
If you believe it, anything can happen.



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DAY 1: Come Home to You

Theme: Grounding + Gentle Reconnection

Mini Ritual: Find a quiet spot. Close your eyes. Take 5 deep breaths. Place your hand on your heart and say: "I'm here. I'm listening."

Journaling Prompt: What do I need less of in my life? What do I want more of?

Power Affirmation: "I honor who I am and where I am."

Move Your Magic: Put on a slow, soul-soothing song (like Norah Jones or India.Arie) and just sway. No rules—just feel.

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DAY 2: Shake It Off

Theme: Movement + Release

Mini Ritual: Stand tall. Stretch your arms up. Wiggle your fingers. Now—put on a song with a beat and DANCE like you're shaking off every "should."

Journaling Prompt: What am I ready to let go of—even if it's scary?

Power Affirmation: "I am joy in motion. I am a force of good trouble."

Move Your Magic: Try a Camp Atta Girl! move—reach up, say "YES!" and shimmy like nobody's watching. Repeat as needed.

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DAY 3: Be Your Own Damn Sparkle

Theme: Play + Empowerment

Mini Ritual: Put on something that makes you feel bold. Red lipstick. A sassy tee. Glitter eyeshadow. Channel your inner sparkle.

Journaling Prompt: What would the boldest version of me say yes to right now?

Power Affirmation: “I am allowed to take up joyful space.”

Move Your Magic: Write a love note to yourself. (Yes, YOU!) Or draw your own personal power symbol. Then put on YOUR favorite song and dance your power!

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