

# Stronger Together

Weekly Health tips from your favourite Resilience Coach



## Use your voice, even if it shakes.

Embracing the power to stand in your truth. Be Authentic.

The average person is told *how* they are ‘not enough’ approximately 100 times before 10am. Everything we consume affects how we speak, think & view ourself. Metrics of how to be a “winner” when you are already a winner! I’m a reformed perfectionist. I unplugged a while ago. Rather than listen to people, I listen to The Universe. It’s consistently teaching me how to lead with love, patience & authenticity. This is NOT an easy transformation. It takes time. People will call you crazy until you start crushing goals! Are you ready to find your voice? Turn the shake into a ROAR! #BeYourOwnHero

**A**

### IMPROVISE

The Universe is always inviting you to play bigger! Lean in. Listen to the messages.

**B**

### ADAPT

Adversity is a sign we are not on OUR path. Enthusiastically jump into YOUR path.

**C**

### OVERCOME

When tired, remember how far you have come. Pause then start again. Just keep going.



### MOVEMENT

30-min virtual classes  
- HIIT/CORE/KIDS -  
[linktr.ee/jessicacorvo](https://linktr.ee/jessicacorvo)



### WORKSHOPS

- INDIA: Relationships & Resilience
- USA: Live A Life You Are Proud of!



### SELF-CARE

visit [facebook.com/btsadv/](https://facebook.com/btsadv/) for daily inspiration on ways to celebrate YOU! Self-Care always wins!

## Be Your Best YOU

### mindset tips to inspire growth...

**SELF:** Oftentimes we struggle to invest in ourself whilst easily spending for others. Whether it's food, gifts or just an afternoon indulgence, say YES! You deserve it! **Protip:** whatever you are buying, if you would do it for another, it's time to do it for YOU!

**OTHERS:** Everyone is doing their thing. People can only meet you as far as they are willing to meet themselves. I used to struggle with rejection until I realised people viewed me as an indestructible force of nature. Imagine if we viewed everyone else as being equally as powerful? **Protip:** Send a letter of gratitude to people who have impacted your life! Need help, check out [jessicacorvo.com/letters](http://jessicacorvo.com/letters).

**SOCIETY:** Think of the world as a garden. Each person is a flower. When you add value, you are planting seeds for more flowers. When you are being destructive, you are adding weeds. **Protip:** understand projections. Are you leaving seeds for flowers or weeds in our global garden?

**Mantra:** *Everything is a perception. Am I aware of the stories I create? Thoughts. Words. Things. Manifest intentionally & create magic.*



## Dear Warriors,

I've been doing my thing, spreading love & sharing best practices to navigate adversity. Funny story. Bought with good intention. Emotional purchase. Slight oversight. My headset FINALLY arrived. It needs to be plugged into a STEREO. Not a computer. Not a phone. A STEREO! The Universe is hilarious! I could not stop laughing. If you see me wearing this during the workouts, I'm practicing with my new prop! Despite clever planning, it didn't work. Guess it's the Universe telling me to get louder during our workouts! Last week, it was inner vs outer world. This week, is using your voice. For me, it's time to get loud & proud! Tickled to have you part of the Tribe! xo Jess #StrongerTogether

*(PS: How are you using your voice this week?)*

## WACKY WARRIOR - FUNNY MOMENT OF THE WEEK

"Last weekend was beautiful! I did your suggested workout at the park. I was a bit nervous to workout in public! I hate burpees. I guess I was so focused on pushing myself, I didn't realise others joined me. During the ins/outs I said, 'CHEST OUT! SHOULDERS BACK!' & during mountain climbers, I said, 'ENGAGE THE CORE! PROTECT YOUR BACK!' More joined! Thanks for helping me build confidence & understand my body! A few months ago I could barely finish your workout & now I'm motivating others! CRAZY! Thank YOU!

\*Another awesome week together! Please send stories, pictures or feedback! This newsletter is inspired by YOU! Contact: [jessica.m.corvo@gmail.com](mailto:jessica.m.corvo@gmail.com)

