

Stronger Together

Empowerment tips from your favourite Resilience Coach



The BEST flex is a Strong Community

Serious question: WHO helps you turn lemons into lemonade?

There is a saying, if you want to go fast, go alone. If you want to go far, go together. There is another saying, you are an average of the 5 people you spend the most amount of time with. The pandemic has allowed us an amazing opportunity to evaluate our world. Clean our house. Shift from autopilot to intentional living. Recognise who lifts our spirits and who drains our soul. Goals can be crushed alone but the presence of a strong community is a deciding factor for whether or not we accomplish our goals! WHO you turn to in a moment of struggle makes a BIG difference. #BeYourOwnHero



MIND

The Universe is always inviting you to play bigger! Lean in. Are you paying attention?



BODY

Rest is necessary. Your body will tell you what it needs. Are you listening & feeling?



SOUL

Loving others gives you strength, Being Loved gives you courage.



WORKOUT

30-min virtual classes for all ages & abilities
- HIIT/CORE/KIDS -
linktr.ee/jessicacorvo



PROGRAMMES

- ▶ [Transformation](#)
- ▶ [Book Club](#)
- ▶ [Schools](#)
- ▶ [Leadership](#)



Did you KNOW?

If a banana has brown spots & a green stem, it has been chemically ripened.

World 2.0 life hacks

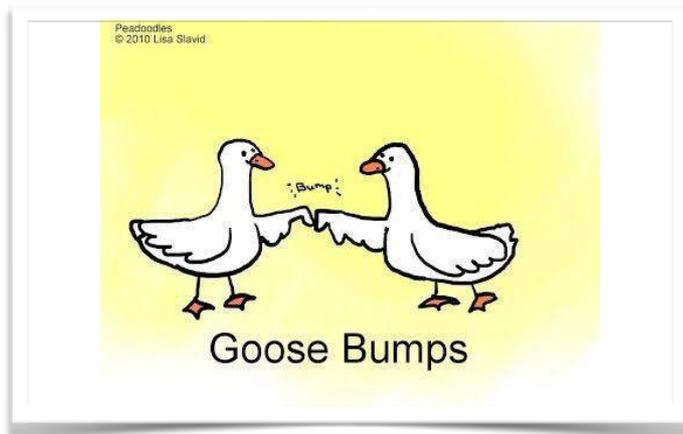
You really CAN do it all... try it...

Energy Boost: Feeling overwhelmed during another Zoom meeting? Try a workout. Each time a different person talks, change the exercise. Get the blood flowing. Remember to disable your video & mute your microphone!

Quick escape: Did someone say fruit slushy?! Take your favourite drink, add ice & blend. Pour into fancy cup with a few handfuls of sliced fruit (bottom, middle & sprinkled on top). Close our eyes. Feel the sunshine kissing your face. Want music? Try Madonna's HOLIDAY.

Mind-Body Connect: Feel off?? Detached?! Questioning the magic? Focus on your breath until you can feel a temperature difference between the inhale & exhale. This gives you something to focus on & reminds you of the magic of the human body & understand the depth of the mind! How many breaths does it take to feel a temperature difference?

Mantra: *When the world continues to profit off your insecurities, be a rebel WITH a cause! Take control of YOUR HEALTH! Self-mastery is a muscle anyone can build. SELF-LOVE is an act of silent protest. Health is Wealth! #BeYourOwnHero*

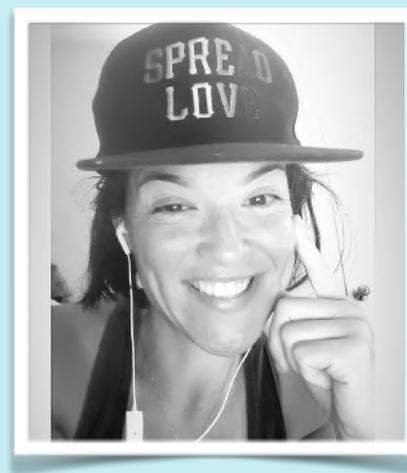


Dear Warrior,

Thank you for your patience with newsletters! I was consumed with summer camp, launching my 4th hustle, moving house & strengthening my community of heart-led leaders! Summer has been heart centred & full of love!! A moment of gratitude. Breathe. World 2.0 has offered so many opportunities! WE are part of history!! How awesome!! Collectively, we shifted from face-to-face to ZOOM rooms! With a bit of magic, lots of consistency AND a tremendous amount of love, we are expanding in so many ways! I'm so incredibly proud of you! Keep staying loyal to your goals, loving yourself & being an example on what is possible! Each day, I thank the stars for the opportunity to know you! Tickled to be on this journey together!
#StrongerTogether xo Jess

WACKY WARRIOR - FUNNY MOMENT OF THE WEEK

When I feel stuck, I pivot by creating 3 opportunities! A few weeks ago, a company tried to exploit me. Thanks to their predatory behaviour, my pivot included acquiring another certification for group fitness (license to teach children 0-4 in schools), learning labour laws & identifying powerhouses who despise predators. I am grateful for my mind as it continues to find the silver lining in all situations. I am grateful for the ability to set myself up for success! Sometimes it's necessary to pause but never, ever give up! #BeYourOwnHero



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