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ashley_nicole_hudson What are you celebrating 🥳 this week!!

Here are a couple of mine!!

1. I PR'd my back squat, strict press, hang clean and bench press this week. Maybe even my deadlift today.

But you know what I'm even MORE proud of.....me showing up everyday modifying workout bc of injuries leading up to it.

2. I'm celebrating 🥳 our team Helping over 1200 FAMILIES say yes to more nutrition! Customers are coming out the woodwork with positive improvements!!



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positive improvements!!

- more energy - better sleep -
regularity-glowing skin -improved
immune system -less inflammation-
no arguments at the dinner table -
managing life with ease- making
healthier choices -recovering
quicker -improved mental and
physical performance-

3. I'm celebrating 🥳 my TEAM
stepping into ACTION like never
before which is creating a new
confidence in them which in turn
allows us to make even bigger
IMPACT in our communities!

4. I'm celebrating 🥳 me learning
new skills and disciplining my

SLAY 🙌 PRAY 🙏 PLAY



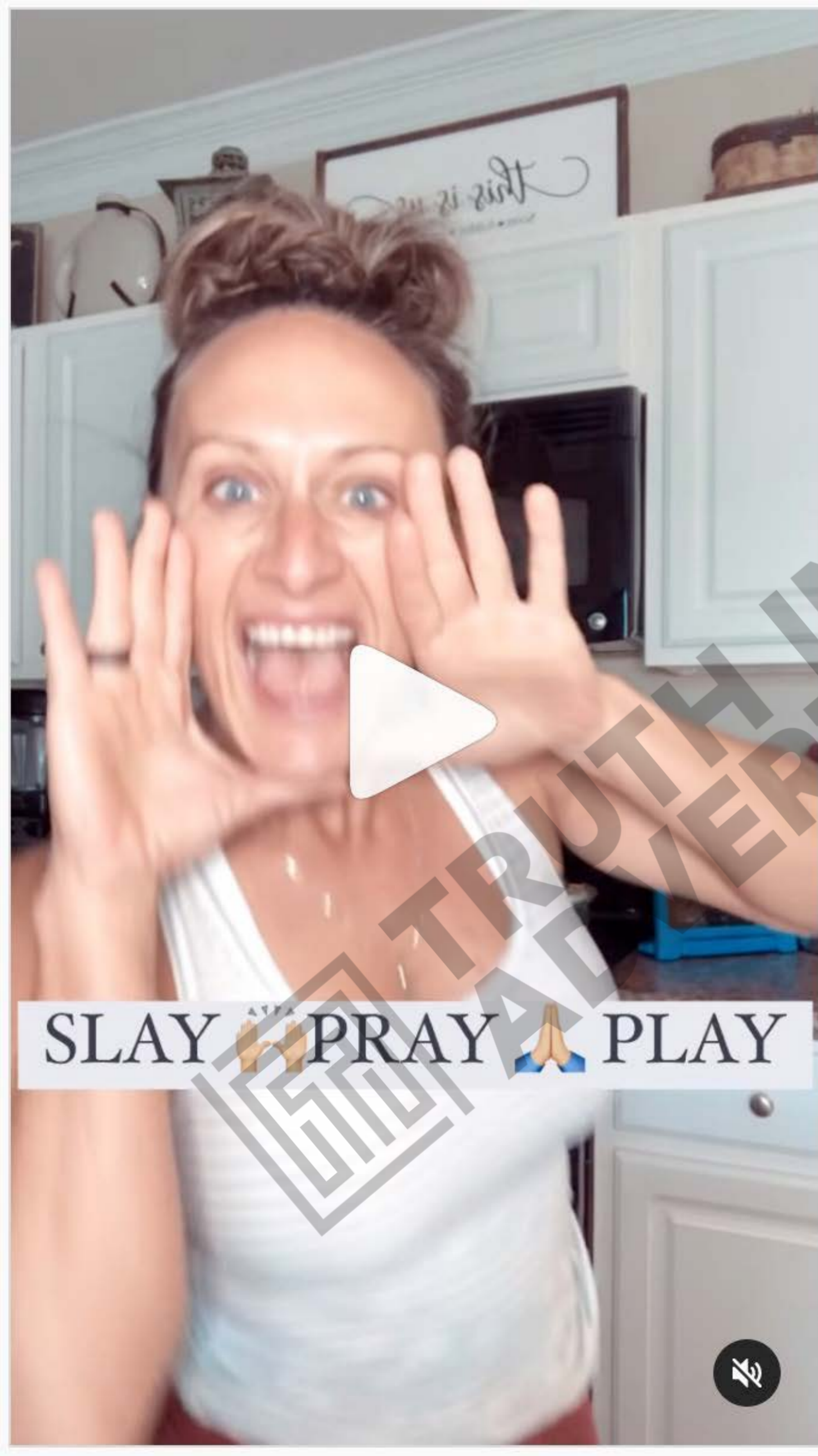
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new skills and disciplining my disappointment. Showing up  in ways I never knew I could. I'm proud.

4. I'm celebrating my kids. We are nearing the end of the school year and they have GROWN so much!!!!

Celebrate the Wins y'all!! Look for them, find them and make a BIG deal about them!

#pray #slay #play
#celebratewinsbigandsmall
#celebratewinstogether
#celebrateyourkids #celebrateyou
#celebraterecovery
#momonamission #edwarrior
#celebratewinsdaily
#celebratewinsbigandsmall



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#celebratewinsdaily
#celebratewinsbigandsmall
#celebratebusiness #lovewhatyoudo
#crossfit #crossfitmom
#crossfitwomen #crossfitathlete #pr
#customersuccess #team
#slaytheday

4w



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