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Karen Thompson

May 23 · 🌐



You'll go out to dinner and spend \$100.
You'll go to the liquor store and spend \$50.
You'll go to target for one thing and drop \$100+
• If you prioritize it, you can afford it. You health is an investment. Let's break it down 📉

30 days to healthy living = \$10 a day
Healthy habits = \$5.50 a day
Daily glow & energy bundle = \$4.80 a day
Green gut glow = \$4.60 a day
Shake & fizz = \$4.30 a day
4 boxes of fizz = \$1.30 per fizz (120 fizz!!)
\$49 to start your own business = earn supplemental income •

visualize a different life •

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