

JULIE RENEE'S

# *Goddess Splendor*

5-Day Revitalization Video Series

Julie Renee



## Day 1: Self-Regulation – Qualitative Rating Scale

- 10 Divine Flow
- 9 In Love with Life!
- 8 Abundant Energy
- 7 Positive Socialization
- 6 Positive Self-Care
- 5 Intermittent Self-Care
- 4 Sustainable Exhaustion
- 3 On the Edge
- 2 Unsustainable Exhaustion
- 1 Emotional Breakdown