

March 2024

This content bundle is a resource you can use with any group you may be running.

Here is how to use it:

1. Download the entire folder to your computer.
2. From there, you can make changes to the captions to reflect your group's needs and leadership style.
3. Then, upload the captions and images to your social platforms to supplement your own posts!

Please note: This version of the document is for ALL Partners to view and download. Because it is a shared resource, it cannot be edited. To make changes to the captions, please follow the steps above to save your own editable version of the document on your computer.

This is the February bundle of themed Group Guide assets for 2024. Links to ALL the monthly bundles for the current year can be found below.

January 2024	February 2024	March 2024	April 2023
English Spanish French	English Spanish French	English Spanish French	<i>Coming by the end of March!</i>



Let's get
STARTED!

Hello, everyone! Welcome to our group! 🎉 We're all excited to embark on this journey together and see what we can accomplish!

To get things started, let's share a little bit about ourselves:

- ☀️ What inspired you to join the group?
- ☀️ What are your goals for the upcoming month?
- ☀️ What are you looking forward to the most?
- ☀️ And lastly, tell us one fun fact about yourself!

Can't wait to hear from you all! Let's do this! 💪

Health Esteem

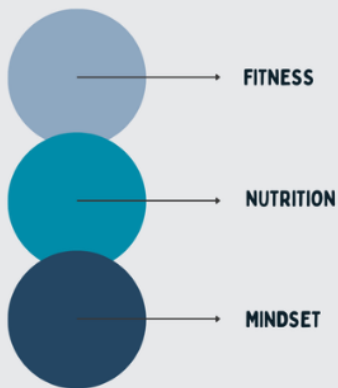
*Accepting and embracing who you are
today and championing who you wish
to become.*

Health Esteem is accepting and embracing who you are today and championing who you wish to become.

Remember: Health Esteem is a lifestyle, so you're not on anyone's timeline but your own. Be proud of the choices you made to bring you here, celebrate your successes, and keep going!

You deserve to feel great TODAY!

HEALTH ESTEEM ROUTINE



A Health Esteem routine is your daily fitness, nutrition, and mindset habits that align with your lifestyle, goals, and how you want to feel.

I'll share some examples from my Health Esteem Routine in the comments below. Please join me so that we can inspire each other!



Let's give a shoutout to [participant] for their hard work and dedication! They've been crushing their wellness goals, and we're so proud of them. Keep up the great work, [participant]! 🌟

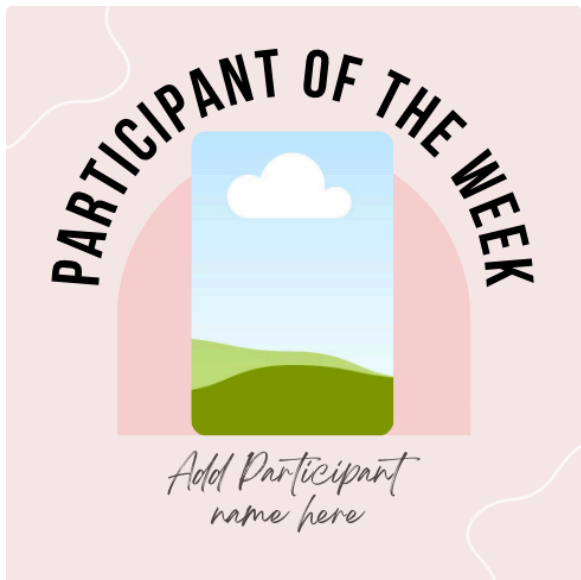
Partners: Use this [template link](#) to edit the image in Canva.



It's time to recognize one of our amazing participants! 🎉 [insert name] has been working so hard, and we're so proud of all their accomplishments! 🙌

Share some love and encouragement in the comments below!

Partners: Use this [template link](#) to edit the image in Canva.



Let's give a shoutout to [participant] for their hard work and dedication! They've been crushing their wellness goals, and we're so proud of them. Keep up the great work, [participant]! 🙌

Partners: Use this [template link](#) to edit the image in Canva.



Glowing Green Smoothie Bowl

Glowing Green Smoothie Bowl

Makes 1 serving

Switch up your smoothie routine by combining your favorite leafy greens into a delicious and vibrantly colored green smoothie bowl.

Ingredients

1 cup / 240 ml unsweetened almond milk
1 cup / 170 g ice
1 scoop Vanilla Shakeology
1 cup / 60 g raw spinach
¼ large banana, cut into thick slices
1 medium kiwifruit, peeled, cut into thick slices
2 Tbsp. unsweetened shredded coconut

Instructions

1. Place almond milk, ice, Shakeology, and spinach in blender; cover. Blend until smooth.
2. Place smoothie in a medium bowl. Top with banana, kiwi, and coconut; serve immediately.

Portion Fix Container Equivalents

1 Green, 1 Purple, 1 Red, 1 Orange, 1 tsp.

2B Mindset Plate It!

This recipe makes a great breakfast!

**Strawberry Shortcake
Shakeology Pancakes**



Decline

Accept

Strawberry Shortcake Shakeology Pancakes

Makes 1 serving

If you like to jazz up your breakfast pancakes with a little something extra like blueberries or chocolate, then you're going to love these Strawberry Shortcake Shakeology Pancakes.

Ingredients

1 scoop Strawberry Shakeology

$\frac{1}{2}$ tsp. baking powder

$\frac{1}{4}$ cup / 60 ml unsweetened almond milk (or water)

1 large egg

Nonstick cooking spray

$\frac{1}{3}$ cup / 80 g reduced-fat (2%) plain Greek yogurt

1 tsp. pure maple syrup

$\frac{1}{2}$ cup / 85 g sliced strawberries

Instructions

1. Add Shakeology and baking powder to a small mixing bowl. Stir until combined.
2. Add almond milk and egg; stir until combined.
3. Heat a medium nonstick skillet over medium-high heat; lightly coat with spray. Spoon batter evenly into pan to form three small pancakes.
4. Cook for 2 minutes; flip. Cook for 2 additional minutes, or until cooked through.
5. Add yogurt and maple syrup to a small bowl. Stir to combine.
6. Layer one pancake with $\frac{1}{3}$ yogurt mixture and $\frac{1}{3}$ strawberries. Repeat with remaining pancakes, yogurt mixture, and strawberries to create 3 layers. Serve immediately.

Portion Fix Container Equivalents

$\frac{1}{2}$ Purple, 2 Red

2B Mindset Plate It!

This recipe makes a great breakfast!



Berry Delight Shake

Makes 1 serving

If you're looking for an easy way to enhance your Vanilla Shakeology, it's as simple as blending in some fresh (or frozen) berries and almond milk to create this Berry Delight Shake.

Ingredients

1 cup / 240 ml unsweetened almond milk

1 cup / 170 g ice

1 scoop Vanilla Shakeology

½ cup / 70 g fresh (or frozen) mixed berries

Instructions

1. Place almond milk, water, ice, Shakeology, and berries in blender; cover. Blend until smooth. Serve immediately.

Portion Fix Container Equivalents

½ Purple, 1 Red, 1 tsp

2B Mindset Plate It!

Increase berries to 1 cup (approx. 140 g) and add 12 unsalted almonds to make a complete breakfast!



Chocolate Mint Shake

Makes 1 serving

If you love blended coffee drinks, but don't want to wreck your diet with sugary syrups, whipped cream, and empty calories, then you'll totally dig our Chocolate Mint Shakeology!

Ingredients

1 cup / 240 ml unsweetened almond milk

1 cup / 170 g ice

1 scoop Chocolate Shakeology

½ tsp. pure peppermint extract

Instructions

1. Place almond milk, ice, Shakeology, and extract in blender; cover. Blend until smooth. Serve immediately.

Container Equivalents

1 Red, 1 tsp.

2B Mindset Plate It!

Makes a great protein.

Relax.
You deserve it.

Don't let life's busyness keep you from recognizing your achievements and self-worth! 🌟 As you wind down today, share with us:

- 1) One thing you accomplished.
- 2) One thing you appreciate about yourself today.

Let's celebrate your daily wins together!



At the end of a busy day, it's easy to rush into the evening without pausing to reflect. 🧘‍♀️

But here's the thing: taking a few moments to reflect on your day can be a game-changer. It's a chance to acknowledge your accomplishments, learn from your experiences, and make each day count.

So, before you wind down for the night, I encourage all of us to answer these two questions:

- 1 What's one thing you accomplished today?
- 2 What's one thing you appreciate about yourself today?

It's amazing how such a simple practice can bring more gratitude and clarity into our lives. ✨

Share your answers in the comments, and let's celebrate our daily wins together! Your reflections may inspire others to take this meaningful daily pause. 💬✨



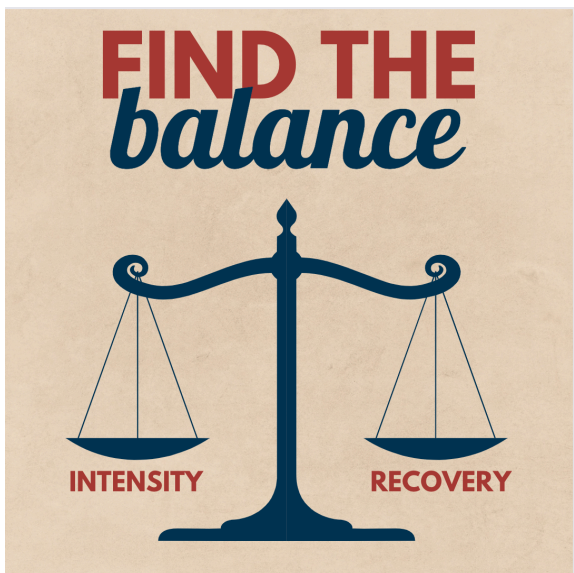
Productivity isn't about endless tasks; it's about making the most of every hour. ⌚ Let's share our top time-management tips for a more fulfilling life. I'll start in the comments – join the conversation!



Ever experienced 'flow'? 🧘 It's when your capabilities meet challenges. Many of us know how to find flow in our workouts. Today, I'm sharing some of the ways I "flow" into other areas of my life!

1. Focus: Pick an activity that engages you and get rid of any distractions. Focusing on a healthy habit or activity can help you extend the "flow" from your workout.
2. Freedom: Give yourself the time to engage in your healthy habit or activity.
3. Challenge: Flow happens when you are appropriately challenged. Try to get in more steps today than you did yesterday!

How do you keep the 'flow' going after a workout?
Share your insights!



It's tempting to go hard when we find a workout we love, but overtraining can lead to fatigue and burnout. A balance between intense workouts and recovery is crucial!

What do you do to recover and prep your body for the next workout? 🏋️



True strength comes from within. 💪 As Gandhi said, 'Strength does not come from physical capacity. It comes from an indomitable will.' What does inner strength mean to you? Share your thoughts and insights!



Every morning is a new opportunity to set the tone for a successful day ahead. It's all about those intentional choices that can make a huge difference. Here are a few ways I like to kickstart my day for success:

- 1) Rise Early: Waking up with my first alarm sets a positive tone.
- 2) Morning Fuel: A good breakfast fuels my day and keeps me energized.
- 3) Prioritization: I tackle the most challenging tasks first, setting the pace.
- 4) Positive Vibes: Spreading positivity with kindness and smiles to set the right atmosphere.
- 5) Self-Compassion: Giving myself grace – because we're all doing our best.

How about you? What morning routines or habits set you up for a successful day? Share your tips and experiences in the comments below! Let's inspire each other to start our days on the right foot. 🌅💪

**YOU GET
WHAT YOU
GIVE**



Ever heard the saying 'You get what you give'? 😊
The world around you is influenced by your actions and attitude. On those low-energy days, try uplifting someone's Health Esteem with kindness or a thoughtful gesture! 💡💖

**W
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WHAT IMPACT HAS A STRONG
WOMAN MADE IN YOUR LIFE?

Behind every strong person, there's often an inspiring woman. 💪👤 Let's give a shout-out to the women who've motivated us! Share the impact they've made in your life in the comments.

POSITIVE *Self-Talk*

I can do
anything

I get better
every single day

I am proud of
myself

Everyday
is a fresh
start

Our inner dialogue shapes our world. 🧠 How do you practice positive self-talk and boost your self-esteem? Share your techniques and thoughts below! Let's empower each other with words. 💬🌈



HOW DO YOU STAY
productive?

We all have busy lives, but we can maximize our time! 🕒 What are your top tips for staying productive and making the most out of your day? Share your time-saving strategies in the comments! 💡🕒



Rest is a state of mind, and meditation helps us find it. 🧘 Even on the busiest days, a few minutes of unwinding can be a game-changer. How do you find rest and center yourself? Share your mindful practices with us!



Let's shift our focus to what truly matters. Take 60 seconds to answer two important questions:

- 1) What will matter most in the long term?
- 2) How can I prioritize it today?

These answers are just for you, but if you accept the challenge, let us know in the comments! 🤔👉

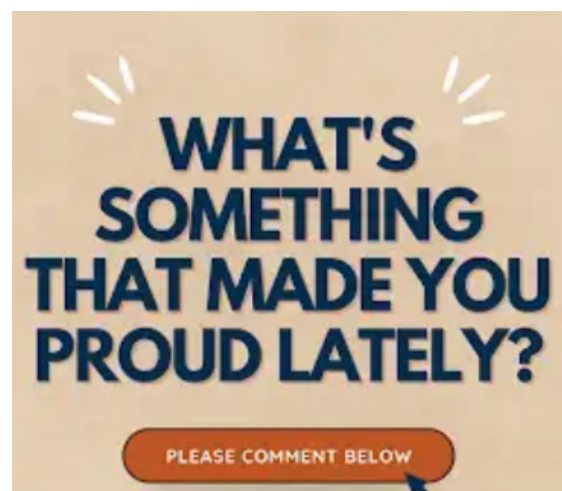


Gratitude is the secret to joy and peace. 🙏 What are you most grateful for today? Share the things that fill your heart with joy and appreciation. Let's celebrate the positives in our lives! 🌻😊



Success comes in all shapes and sizes! 🎉 Let's celebrate the small victories from the past week. Progress is progress, no matter how small.

I'll start us off in the comments, then it'll be your turn to shout out your recent wins to inspire us all to keep going! 💬🌻



This year, I'm all about keeping that positive energy high by celebrating our little victories. And you know what? We ALL deserve a shoutout! 🙌🎈

What's something you're proud of this month? Share it in the comments and let's lift each other up with some well-deserved appreciation! 💪💬

What is your goal for today?



Start your day with intention and create clear goals that set the tone for your success! Take a moment to set your goals for the day - whether they're big or small.

☀️ Ask yourself:

- 📌 What are my top priorities for today?
- 📌 What accomplishments will make me proud at day's end?
- 📌 How will I make the most of my time and energy?

Share your daily goals in the comments and let's inspire each other to make today a purposeful and productive one! 💪💬

WHAT IS YOUR PERSONAL
☀️

Weather forecast?

☀️ We all carry our unique 'weather' or mood. What's your personal weather forecast today? Take a moment to reflect and share your emotional outlook in the comments. Let's create a positive atmosphere together! 🌧️😊