

KNOW YO'SELF | FRI. JULY 28

☀️ **INTRO TO YOUR GUIDES**
#ONTHEBLOG

☀️ **PERSONAL REFLECTION**
#CHEATSHEET

☀️ **WHY WAIT: ACT BRAND**
NEW TODAY

Be sure to use the hashtag #HealYoSelf
if you're droppin gemz so we can share 'em