



Craft Workshop:

TRANSFORM YOUR LIFE
WITH POSITIVE SELF-TALK

URSULA RODRIGUEZ



SOLEIL
VIDA
STUDIO

Ursula Rodriguez

IS A **1ST GENERATION MEXICAN AMERICAN** ON HER
SELF-HEALING JOURNEY.

FROM LIVING IN A CONSTANT STATE OF SURVIVAL MODE TO
ACTIVELY WORKING ON DEVELOPING A **SENSE OF SELF**,
URSULA, IS ON A **MISSION** TO CREATE A SUPPORT SYSTEM OF
MUJERES WHO EMOTIONALLY INVEST IN THEIR **INNER GLOW UP.**



What is an inner GLOW up

A HEALING TRANSFORMATION THAT LIGHTS UP TU VIDA.
WHEN YOU CHOOSE TO DISCOVER YOUR UNIQUE SELF,
TRUE BEAUTY IS REVEALED.





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HOSTS **DIY** CRAFT WORKSHOPS
FOCUSED ON **POSITIVE** SELF-TALK,
EMPOWERING OUR **INNER MIJA**, AND
DEVELOPING A
MIND & BODY **CONNECTION.**



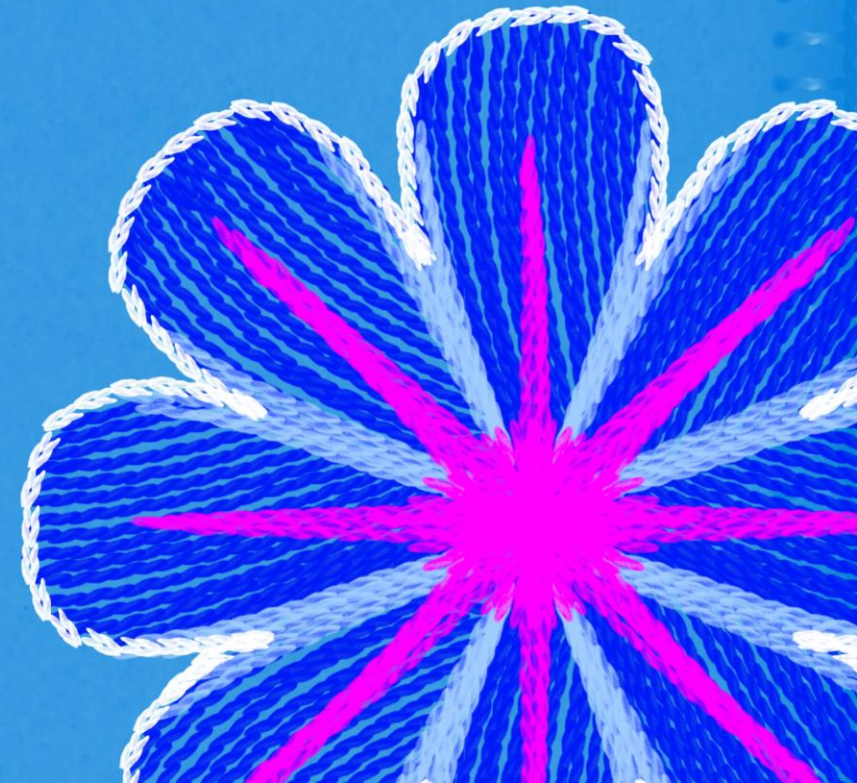
Healing Power of Creativity

CONNECT WITH YOUR INNER MIJA

CONNECT US WITH LA COMUNIDAD

REDUCE NEGATIVE EMOTIONS

GREATER MIND & BODY CONNECTION



What is Mirror Talk?

THE PRACTICE OF SPEAKING **POSITIVELY** TO YOURSELF IN THE **MIRROR**



WHAT YOU THINK YOU LOOK LIKE

VS



WHAT YOU ACTUALLY LOOK LIKE



Benefits of Positive Self-Talk

INCREASE SELF-LOVE

IMPROVE MENTAL HEALTH

QUIET YOUR INNER CRITIC

RAISE CONFIDENCE IN ONE'S SELF-WORTH



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Inhale Exhale

LET'S RESET

CREATIVITY CAN BE TRIGGERING

RELEASE FEAR OF JUDGEMENT

ALLOW YOURSELF TO PLAY



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Positive Affirmation Mirror

1



ADD QUOTE DECAL

2



ADD LATIN FLAIR

3



PRACTICE

Inspiration



Show Up For Yourself

LET'S PRACTICE



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Let's Get Social



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