



# Lee Squires' Rituals

Lee Squire oozes energy and vitality – she is well known as the pocket rocket from Ballarat. Here is the secret to her endless energy:

Every morning, as I begin to move my body, I focus on:

3 things I am grateful for today

3 'I AM MANTRAS'

Sending love to family, friends and the world

I hydrate whilst enjoying an infrared sauna followed by a homemade green juice.

I focus on my intention for the day.

I also exercise first thing in the morning. I recommend you do this when you have the most energy.