

MOTIVATION MIXER

PICK ONE FROM EACH COLUMN OR ROLL THE DICE FIVE TIMES TO GENERATE A QUICK-HIT OF MOTIVATION

1	SWEET & SALTY	PEACOCK	YOU ARE KEEPING IT RIGHT AND TIGHT.	UNCLENCH YOUR JAW, TAKE A FULL BREATH, AND FLEX THOSE GLUTES.	KEEP SCREAMING!
2	ALL CAPS	QUEEN	YOU ARE A GLITTER BOMB OF LAUGHTER, WARMTH, AND CLEAR COMMUNICATION.	BE THE SUGAR IN SOMEONE'S COFFEE. OR THE SALT. LIVE YOUR TRUTH.	TURN DOWN FOR WHAT?
3	FARM TO TABLE	WILD FLOWER	THAT SOUL OF YOURS, THO...	STOP SHOULDING YOURSELF!	TITS UP!
4	SO FRESH SO CLEAN	BOSS	WE CAN'T BELIEVE OUR LUCK TO LIVE IN THE YOU ERA	MAKE SPACE TODAY TO FLOAT LIKE A BUTTERFLY AND STING LIKE A BEE.	CAN I GET AN AMEN?
5	9-5	PHOENIX	YOU HAVE THE AROMA AND CONFIDENCE OF AN EVERYTHING SHOWER.	NEVER LET THEM KNOW YOUR NEXT MOVE	I LOVE YOU, BITCH.
6	TOP SHELF	SR. VP OF WERK WERK WERK WERK	LIKE A QUALITY, HIGH PROTEIN CHEESE, YOU DELIGHT AND COMFORT.	YOU OWE IT TO YOURSELF TO STOP, COLLABORATE, AND DO A BS CLEANSE.	HOW FABULOUS IS THAT?