Monday 28

The #GammaQueen wants to revolutionize the way women interact with each other, with their emotions, with the world around them.

She knows that being more present, the more you master yourself, more gentle, the world around changes itself.

Change conversations, change the world, inspire!

#GammQueensAscending

Tuesday 29

Let’s celebrate today the Hug Holiday <3

Hugging is a simple way to express many different types of affection, from friendly, to intimate, to familial.

It’s an action largely limited to primates — while we can find instances of other animals in positions that resemble hugging, there aren’t any other species that do it so frequently, and for so many reasons — and so, in many ways, hugging sets us apart from the rest of the animal kingdom.

It’s not just a differentiator, though: studies show that hugging releases oxytocin, known as the “cuddle hormone,” which can help to strengthen social bonds.

So, on June 29, we celebrate *Hug Holiday*. Get your hug on today!

Who will you hug first?

Wednesday 30

Last day of June…

How was this month for you?

Is the middle of the year already. When did the time flew by?

Have you accomplished you monthly plans?

I m on track with my #GammaQueen program and I am totally excited about it!

Thursday 1 july

Today is the 1st of July and also #ThirstyThursday!

Happy #ThirstyThursday to everyone!

Get you lemonade and celebrate :D

Is a new month, a new beginning.

Who would you like to share a refreshing drink with this evening?

Tag them in the comments!

#thursdayvibes

Friday 2

“Success is the sum of small efforts, repeated day in and day out.” – Robert Collier

Success doesn't just happen overnight.

Every successful person in history is the result of consistent action taken every day.

What small effort can you make today that will lay the path to success?

#successquote #successmindset #fridayquotes

Saturday 3

The ending of something is always hard whether it's a Netflix binge or a serious relationship.

Saying "thank you, I learned everything I could from this experience" allows you to appreciate what you learned and experienced and look forward to what comes next.

What has ended recently for you?

#thankunext #thankyounext #saturdaythoughts

Sunday 4

Happy Fourth of July to all my US friends!

I hope you have a "blast" and stay safe celebrating your freedom today!

#fourthofjuly #independenceday #4thofjuly