



Thriving On Paleo

THANK YOU!

Thanks for your download! I hope that you enjoy these self-care dice and get a lot of relaxation and good movement out of them.

To assemble these dice, just cut around the outside, fold every line inwards (away from the design), and then tape together into the cube shape.

Please be sure to sign up for my free email list to get weekly inspiration, healthy recipes, and tips and tricks to make your health journey a more fun and exciting one! You can do that by clicking [HERE](#).

Also check out my meal plans, book with relaxation techniques, and more in [my shop](#)!

xo, Michele



