

# Sweet Treat: Signature Drink

## “The Great Lock-In Glow Tonic”



## Ingredients

- 1 cup warm water
- Juice of ½ a lemon
- 1 tsp apple cider vinegar (optional, for digestion)
- ½ tsp grated fresh ginger (or a slice)
- 1 tsp honey or maple syrup (optional, for sweetness)
- A few fresh mint leaves

## Directions

1. Warm the water (not boiling).
2. Add lemon juice, ginger, ACV, and honey if using.
3. Stir, sip slowly, and take a mindful breath with each sip.
4. **Affirmation while drinking:** “I am resetting. I am refreshed. I am ready.”

*xo, Coach Jo*