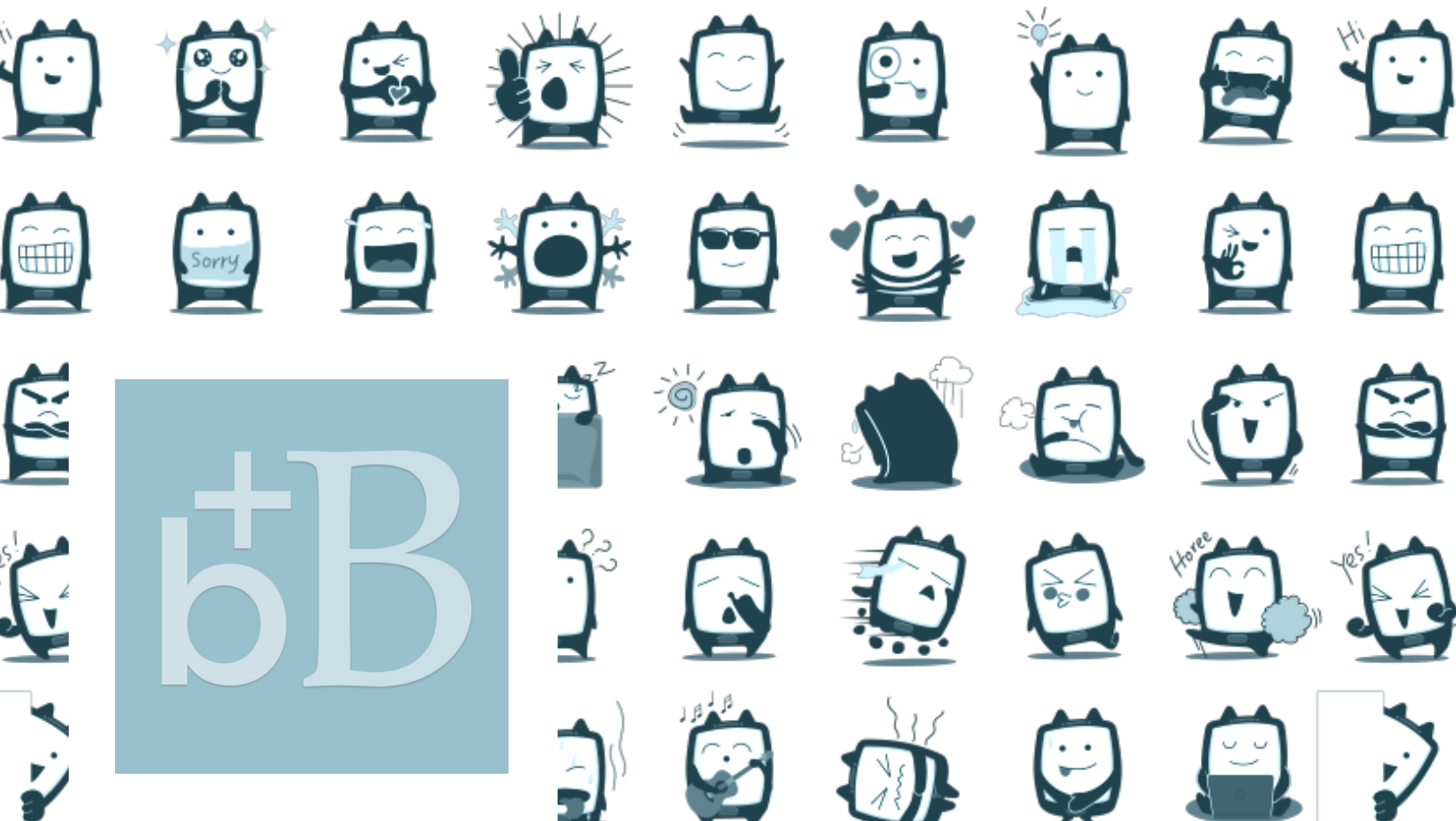


BETTER & BETTERER

EPISODE 27: BEFRIENDING YOUR INNER LADDER
WITH SARAH CHOPRA, NATUROPATH

BetterAndBetterer.com/27



My Ladder Day 1



Today's Go To

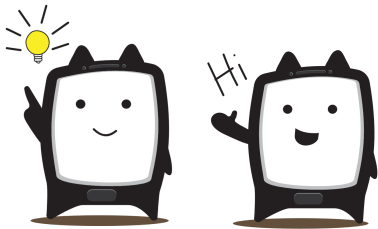
What helped you get back to balance?

Today's Notes

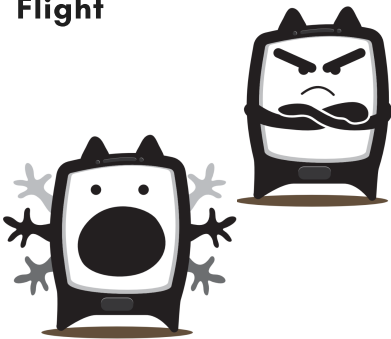
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



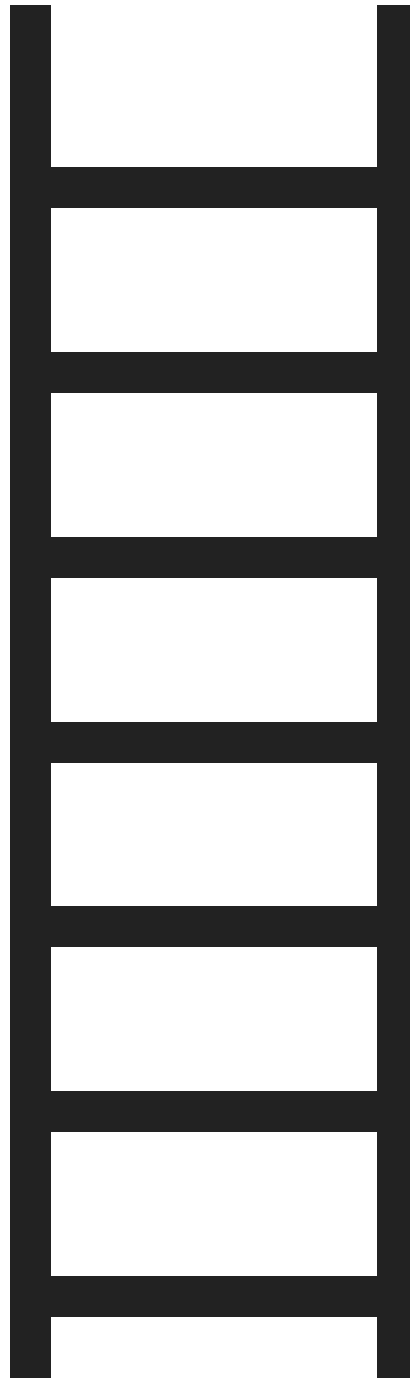
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 2



Today's Go To

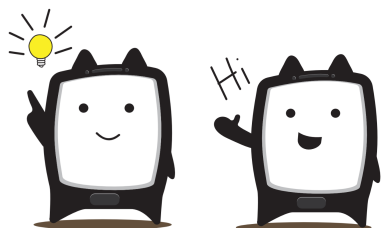
What helped you get back to balance?

Today's Notes

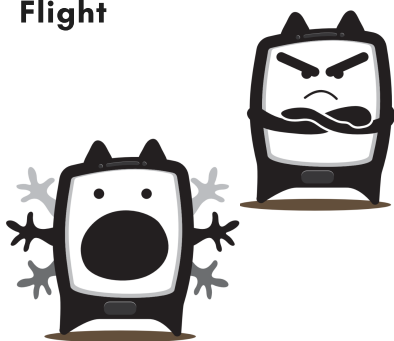
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



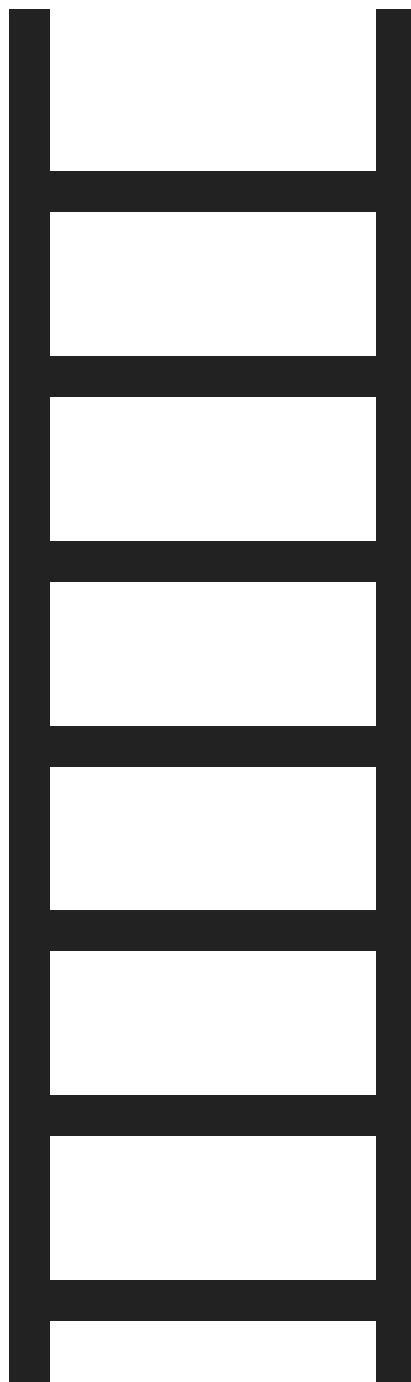
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 3



Today's Go To

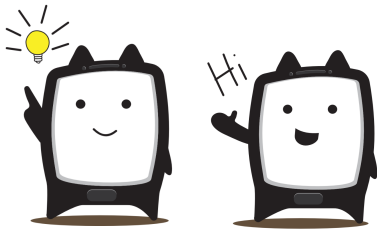
What helped you get back to balance?

Today's Notes

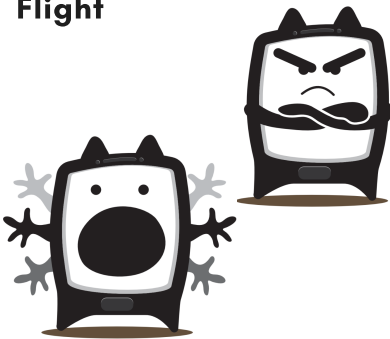
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



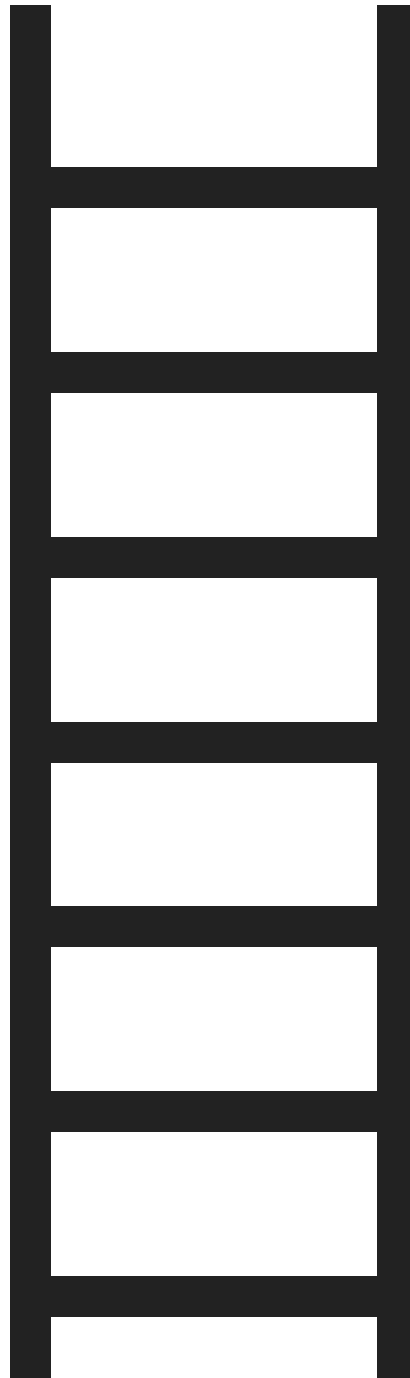
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 4



Today's Go To

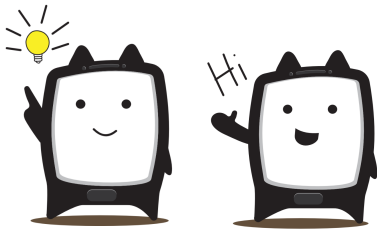
What helped you get back to balance?

Today's Notes

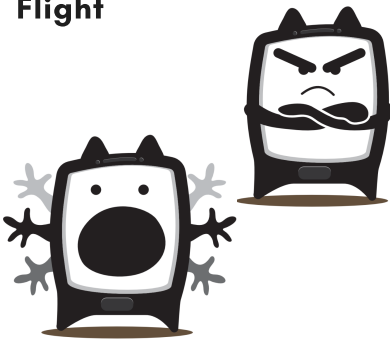
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



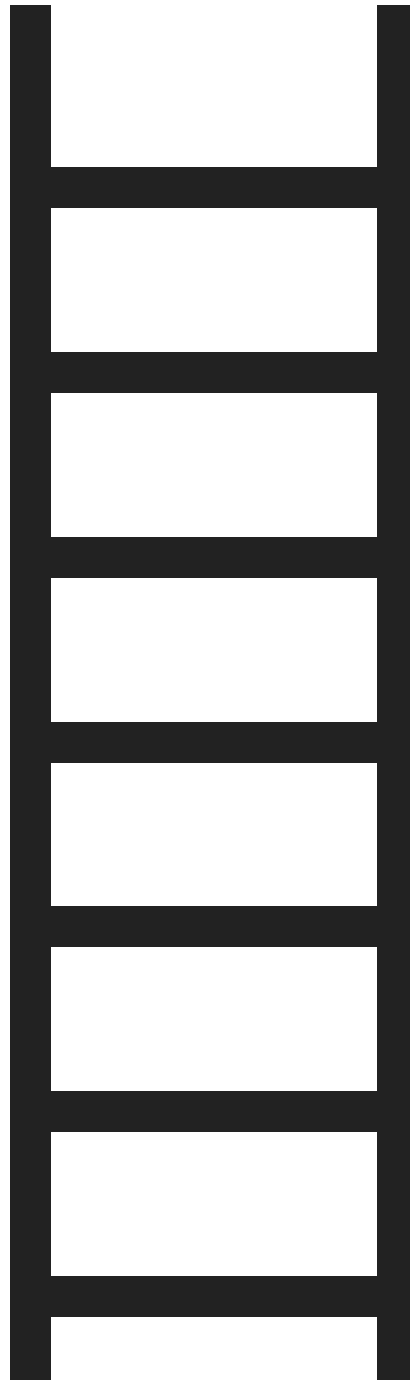
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 5



Today's Go To

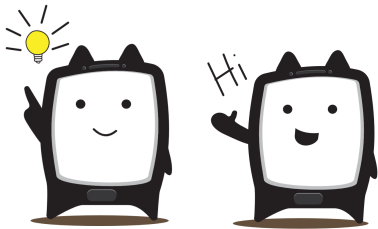
What helped you get back to balance?

Today's Notes

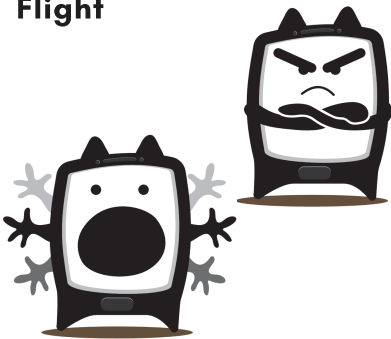
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



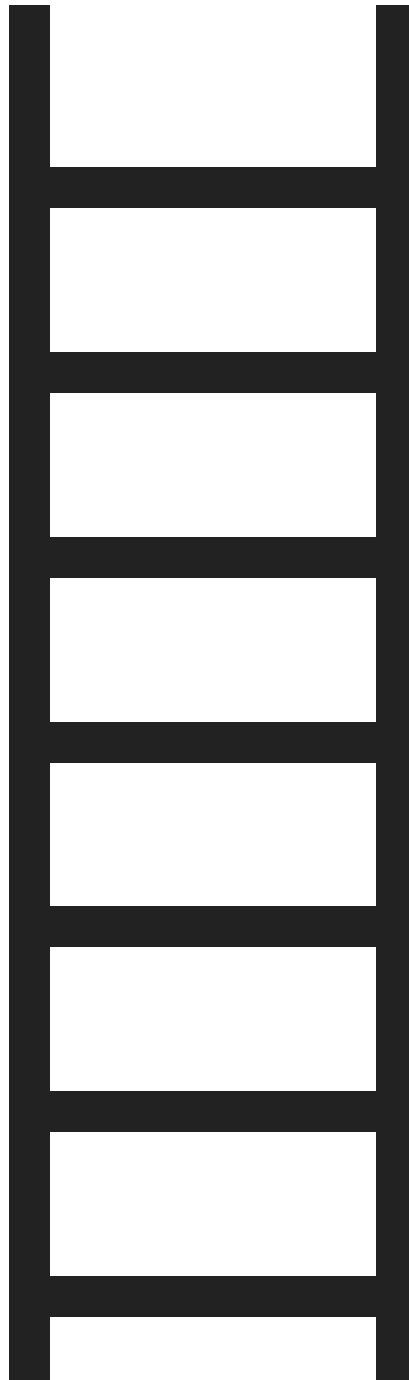
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 6



Today's Go To

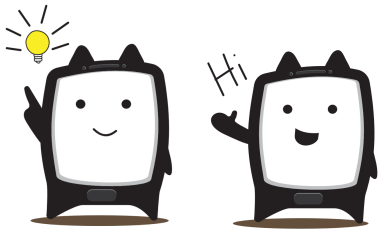
What helped you get back to balance?

Today's Notes

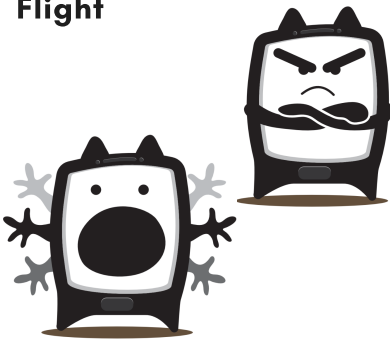
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



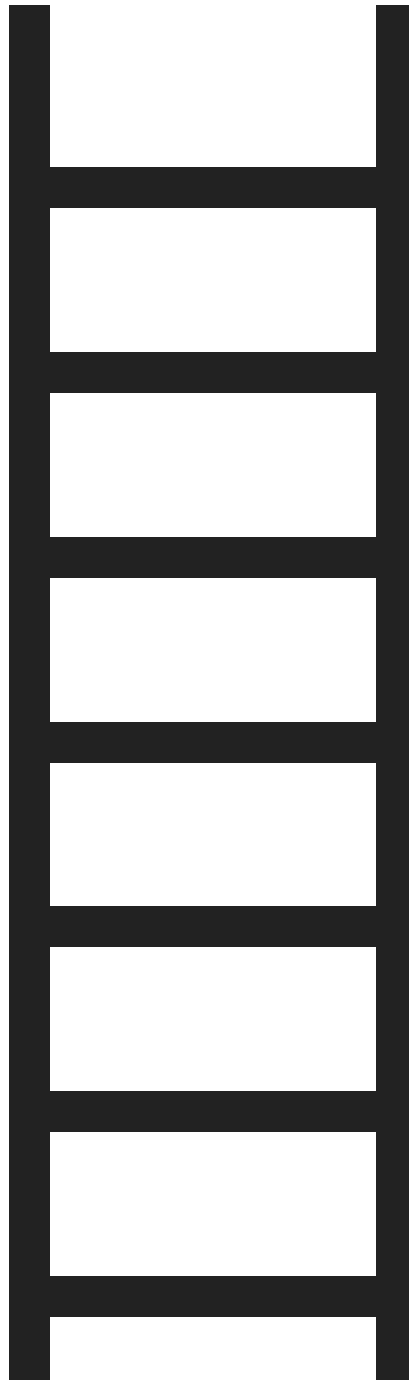
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 7



Today's Go To

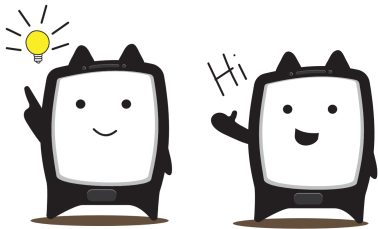
What helped you get back to balance?

Today's Notes

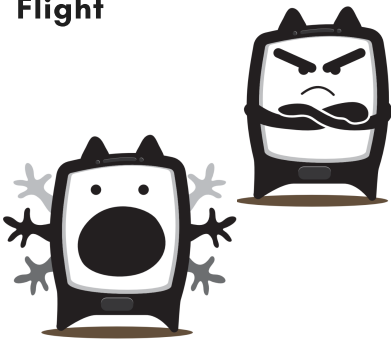
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



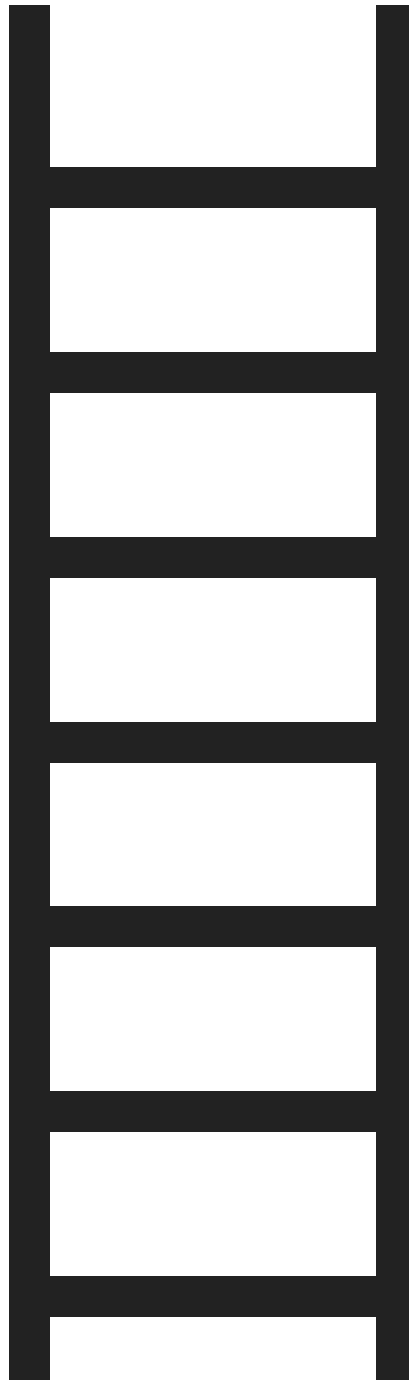
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 8



Today's Go To

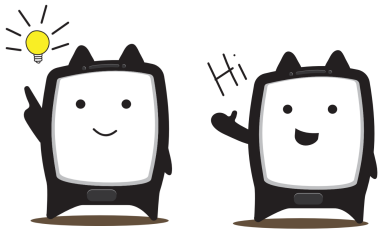
What helped you get back to balance?

Today's Notes

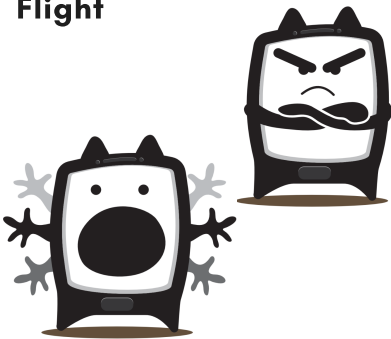
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



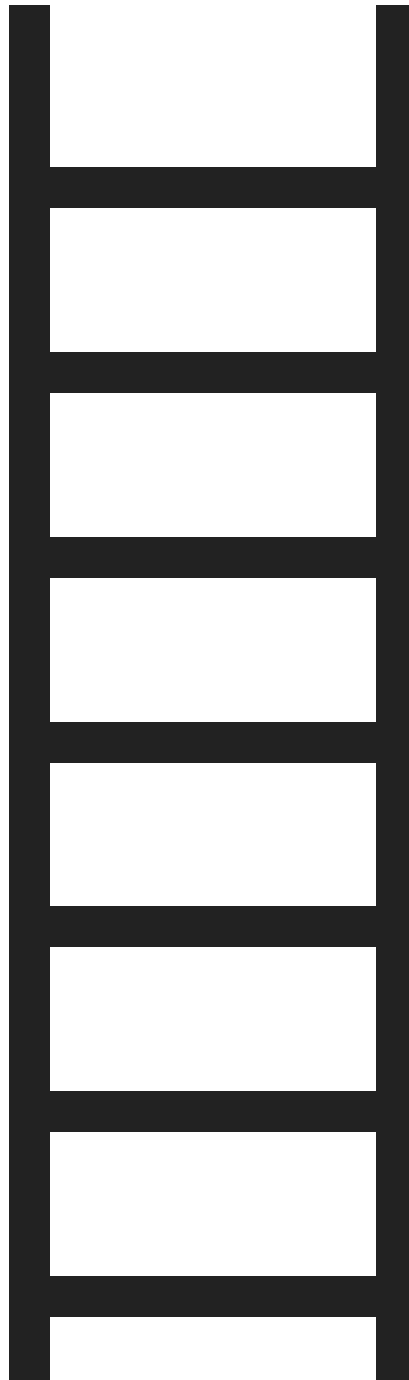
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 9



Today's Go To

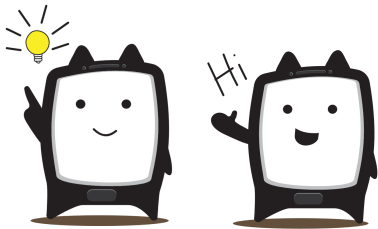
What helped you get back to balance?

Today's Notes

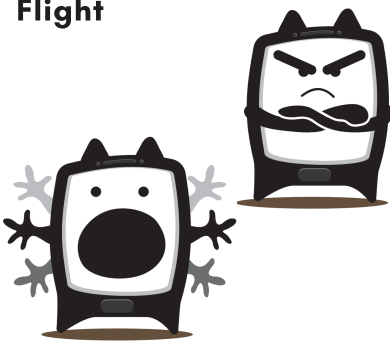
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



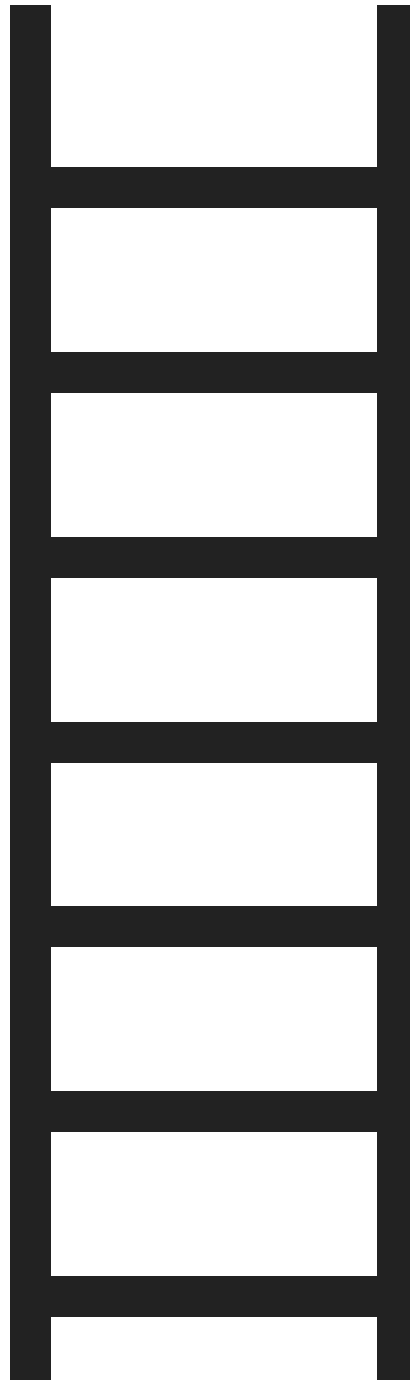
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 10



Today's Go To

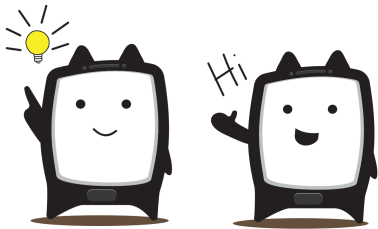
What helped you get back to balance?

Today's Notes

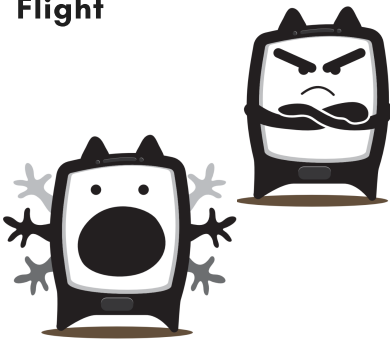
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



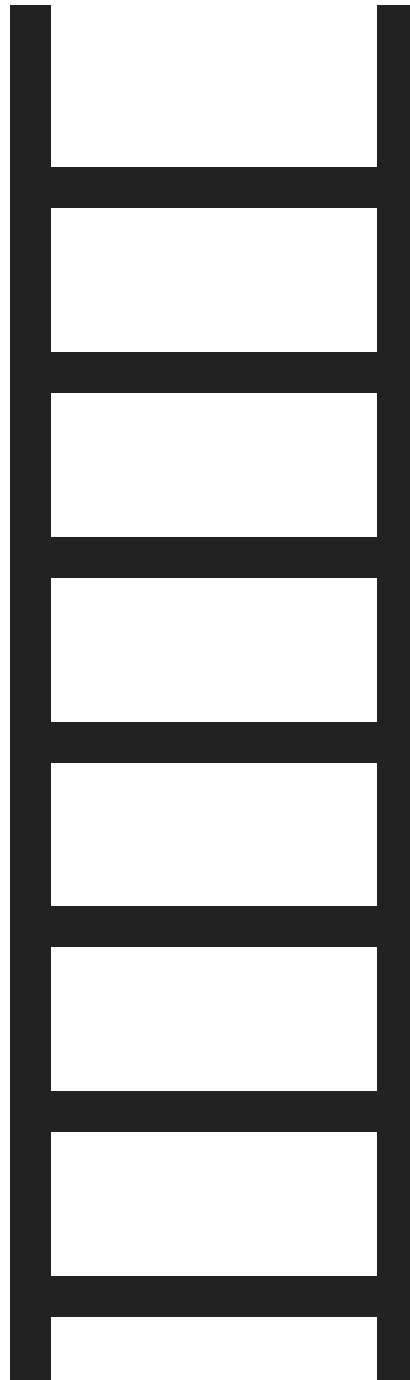
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 11



Today's Go To

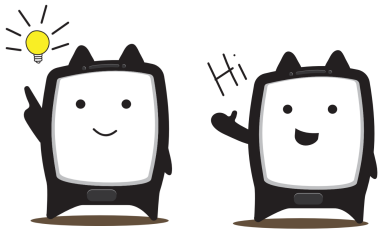
What helped you get back to balance?

Today's Notes

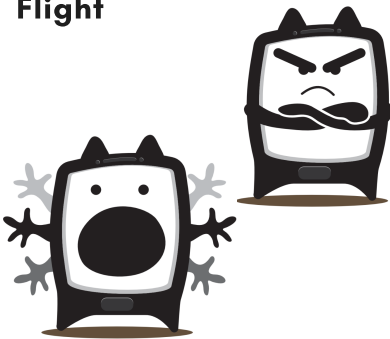
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



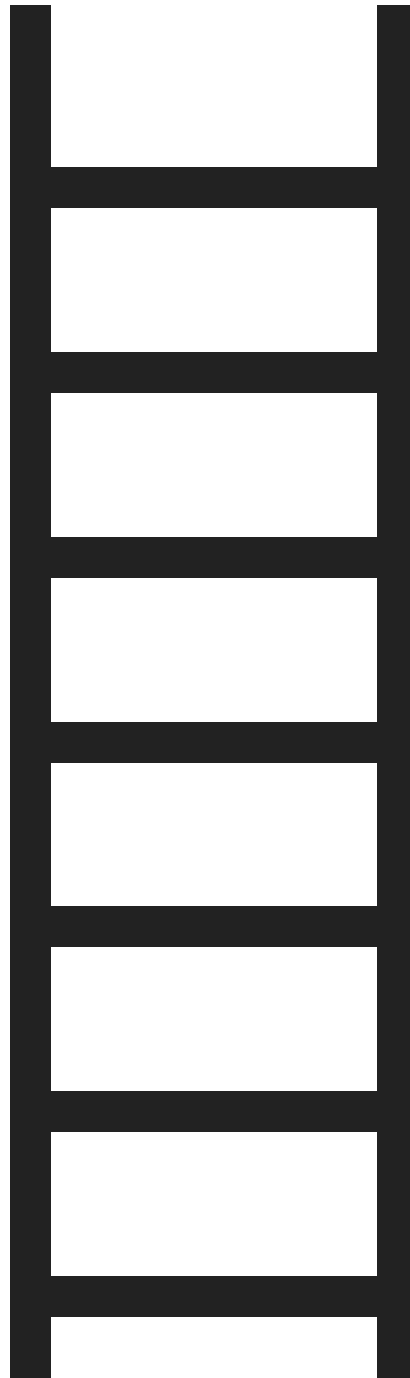
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 12



Today's Go To

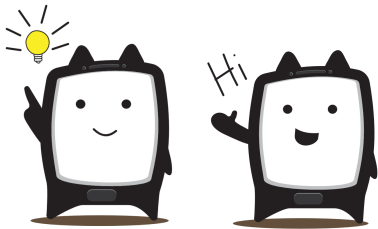
What helped you get back to balance?

Today's Notes

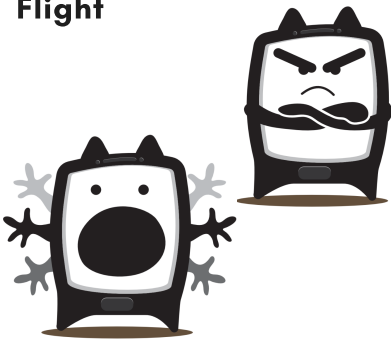
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



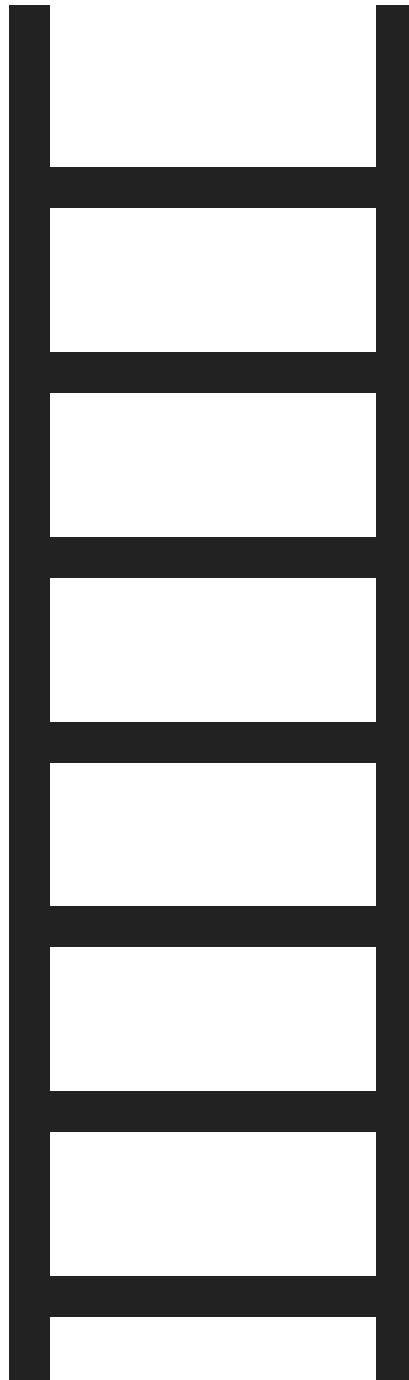
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 13



Today's Go To

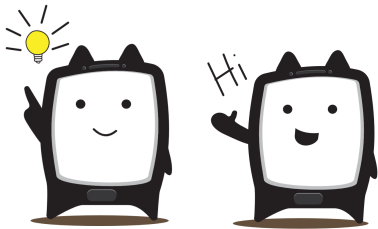
What helped you get back to balance?

Today's Notes

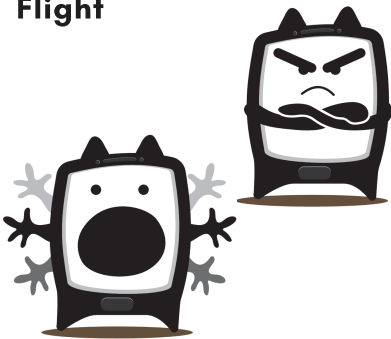
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



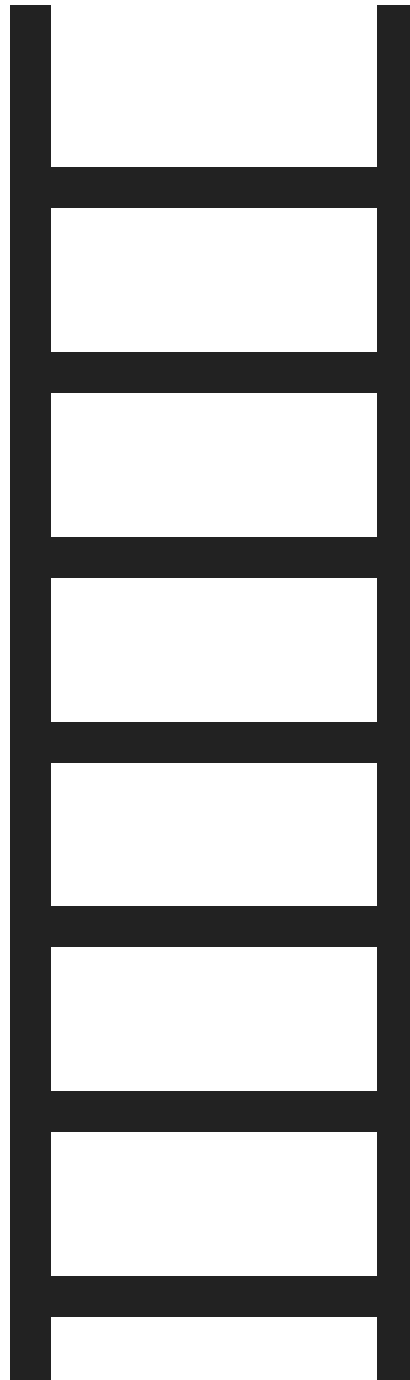
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

My Ladder Day 14



Today's Go To

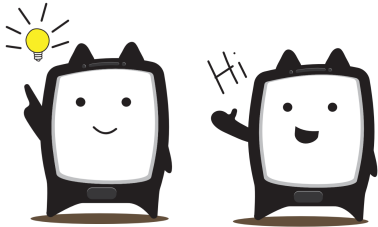
What helped you get back to balance?

Today's Notes

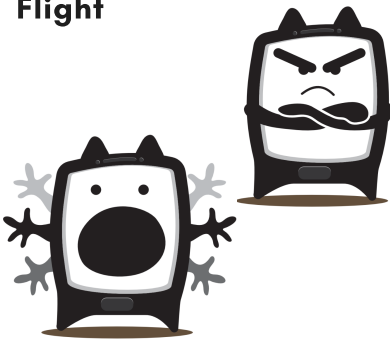
When you check in, add an X to the ladder & describe what notice (you can add the time of day too).



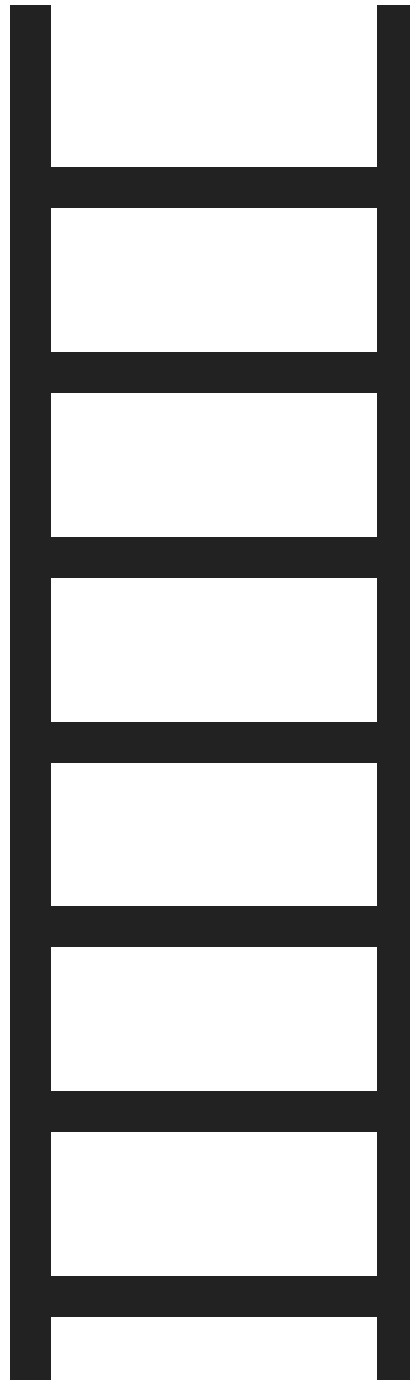
Top of the Ladder - Tuned into Others, Connected, Creative...



Middle of the Ladder - Mobilizing for Fight or Flight



Bottom of the Ladder - Numb / Shutdown / Frozen / Hopeless



Bonus Points:

Did you ask your body what it needs?

The Wandering Nerve



Our artistic rendition
(not so accurate... but
you get the idea):



Close Up:

