

✓ Paid on day ~~Today~~ + ~~Period Pain~~ 3pm  
~~Wendy Harris~~ ~~Hip~~ ~~Balance~~ 7/3/25

~~Serry~~ ~~House~~ ~~Aurum~~ + ~~NatM~~ + ~~Commun~~  
+ ~~Anger~~

~~Wine~~  
~~Wendy~~ ~~drainage~~ + ~~support~~  
~~drinking too much~~ +  
~~too often~~ <  
~~arguments/stress~~  
< ~~worthlessness~~

~~Fig~~ ~~Fig~~  
\* ~~Varicose~~ ~~veins~~ ~~continue~~ →

→ ~~release fear~~  
→ ~~build trust~~ ~~single line~~  
\* ~~Guilt, shame, regret~~

\* ~~R-eye skin tag (large) lower right~~

✓ ~~Get a job at golf course; pilates~~

• ~~About to start 6 wks GFSF~~  
~~which will incl. alcohol~~  
→ ~~Support organs~~  
~~+ detox~~

\* ~~Don't trust self to succeed~~  
→ ~~would need to disconnect~~  
→ ~~addiction still deep-rooted~~  
→ ~~Mindset - habit~~

\* ~~Bigger Push this round~~