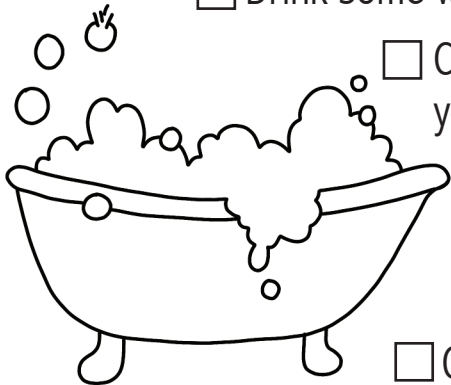


15 WAYS YOU CAN  
take care of yourself  
TODAY...

- Light your favorite candle.
- Declutter and organizing one drawer that NEEDS IT.
- Buy yourself some flowers - just because.
- Watch your FAVORITE movie.
- Drink some water!

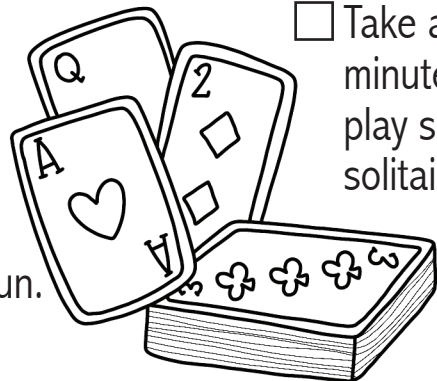


- Create a new evening routine to help you relax before bed.

- Getting out one of your favorite coloring books and spend some time coloring.

- Close your eyes and take 5 deep breaths.

- Take a nice warm bubble bath.
- Cook your favorite meal.
- Do 5 minutes of deep stretches.
- Change the sheets on your bed!
- Go outside and enjoy a few minutes of sun.
- CLEAN YOUR BRAIN! Set a timer for 5 minutes and make a massive to do list.



- Take a few minutes to play some solitaire.

today I am thankful for :