

# 15 DAY SELF CARE CHALLENGE

# 20 20

@SLWLIFESTYLECOACHING



BECAUSE YOU MATTER

# 15 DAYS OF ME

1. Drink 2-3L of water	2. Go for a 30 minute walk or jog	3. Complete a task you have been putting off	4. Download a fitness app and practice stretching	5. Take 3 deep belly breaths in the morning and before you go to sleep
6. Do something creative	7. No TV - just your fav music today (make a playlist)	8. Learn something new / read a self improvement book	9. Do some baking or learn a new recipe	10. Have a bath / long shower and take time on your skin (face mask perhaps!)
11. Stay away from TV - plan to do puzzles and games	12. Meditate (use an app to help)	13. Decorate or clear out a room or cupboard in the house	14. Drive to a nice look out and take in the scenes	15. Have a netflix day!

**CHECK OUT**

[WWW.SLWLIFESTYLE.COM](http://WWW.SLWLIFESTYLE.COM)