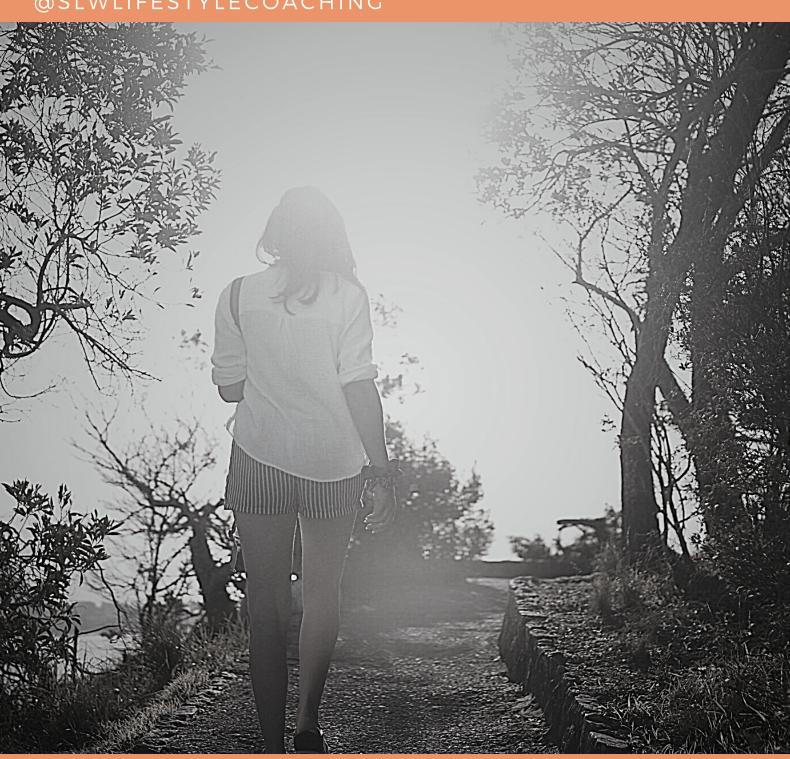
15 DAY SELF **CARE CHALLENGE**

20 20

@SLWLIFESTYLECOACHING



BECAUSE YOU MATTER

15 DAYS OF ME

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

CHECK OUT