SELF-CARE GOALS FOR BEGINNERS

Sometimes, life gets a little wild, and it can be hard to remember to take care of yourself. If you're neglecting your overall health, here are a few suggestions for the week. Remember, great progress starts with



steps!

MONDAY GOAL MEDITATE TIME: 5 MIN TUESDAY GOAL GO FOR A WALK TIME: 10 MIN WEDNESDAY GOAL LISTEN TO MUSIC TIME: 3 SONGS THURSDAY GOAL STRETCH TIME: 5 MIN FRIDAY GOAL WRITE A LETTER TIME: 15 MIN SATURDAY GOAL PLAY A GAME TIME: 20 MIN SUNDAY GOAL PLAN YOUR NEXT GOAL TIME: HOWEVER WEEK LONG YOU NEED	TUESDAY GOAL GO FOR A WALK TIME: 10 MIN WEDNESDAY GOAL LISTEN TO MUSIC TIME: 3 SONGS THURSDAY GOAL STRETCH TIME: 5 MIN FRIDAY GOAL WRITE A LETTER TIME: 15 MIN SATURDAY GOAL PLAY A GAME TIME: 20 MIN SUNDAY GOAL PLAN YOUR NEXT GOAL TIME: HOWEVER WEEK LONG YOU NEED				
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SUNDAY GOAL PLAY A GAME SUNDAY GOAL PLAN YOUR NEXT GOAL TIME: HOWEVER WEEK LONG YOU NEED	SUNDAY GOAL PLAY A GAME SUNDAY GOAL PLAN YOUR NEXT GOAL TIME: HOWEVER WEEK LONG YOU NEED USE THREE WORDS TO DESCRIBE HOW YOU FELT	FRIDAY	GOAL	WRITE A LETTER	TIME: 15 MIN
WEEK LONG YOU NEED	USE THREE WORDS TO DESCRIBE HOW YOU FELT WEEK LONG YOU NEED I FEEL	SATURDAY	GOAL	PLAY A GAME	TIME: 20 MIN
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