Custom Self-care Routine + Fracker www.flhighwithme.com | @flhighwithme

Self-care ideas:

Writing Skin care routine Drinking water Healthy eating Drawing Deep breathing Walking Nail care Detoxing Painting

Dancing Taking vitamins Arts & Crafts Stretching Sleeping early Baths Eating breakfast

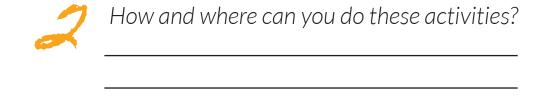
Talk to family/friend **Jogging** Bringing lunch to school/work Social media break Gratitude prayer Reading Playing a sport Studying Praying

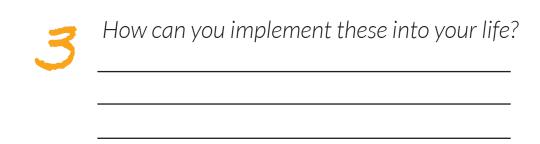
Organizing **Affirmations** Clean home/office Running Smiling Meditation Waking up early Yoga

Exercising

Working on goals









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Frack your habits by colouring in a star for every time you do the activity. (Each activity is a 1-month, 30-day tracker)