



## #MySelfCare Challenge

1 WHAT DO YOU NEED RIGHT NOW? DO THAT THING. SHARE A PICTURE OF WHAT YOUR SELF-CARE LOOKS LIKE TODAY. USE THE HASHTAG #MYSELF CARE

BLESSINGMANIFESTING.COM



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2 CREATE SACRED SPACE. RE-DESIGN A ROOM, DECLUTTER, OR MAKE YOUR SURROUNDINGS MORE "YOU". USE THE HASHTAG #MYSELF CARE

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3 FOCUS ON YOUR MORNING OR NIGHT TIME ROUTINE. HOW CAN YOU MAKE IT MORE NOURISHING? WHAT DOES YOUR ROUTINE LOOK LIKE? USE THE HASHTAG #MYSELF CARE

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4 WRITE A LETTER, NOTE, POST-IT NOTE, OF WHAT YOU NEED TO LET GO OF TODAY. RIP, SHRED, BURN, OR THROW IT AWAY. USE THE HASHTAG #MYSELF CARE

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5 DOWNLOAD INSIGHT TIMER OR GO TO YOUR FAVORITE MEDITATION RESOURCE AND SPEND A MINIMUM OF 5 MINUTES IN MEDITATION TODAY. USE THE HASHTAG #MYSELF CARE

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6 GO OUTSIDE. GET FRESH AIR, TAKE A FEW DEEP BREATHS. GO ON A WALK IF YOU FEEL LIKE IT. SOAK UP SUNLIGHT. USE THE HASHTAG #MYSELF CARE

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MUSIC CAN BE SO HEALING .  
SINK INTO GOOD TUNES  
TODAY. INSPIRATIONAL, UPBEAT,  
MOTIVATIONAL, SOFT . WHAT  
SONG IS YOUR SONG TODAY?  
USE THE HASHTAG #MYSELF CARE

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