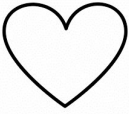
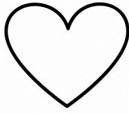
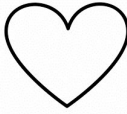
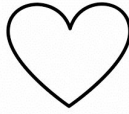
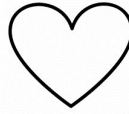
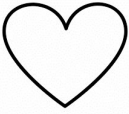
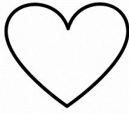
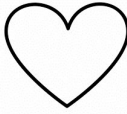
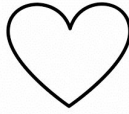
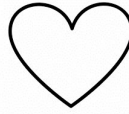








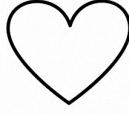




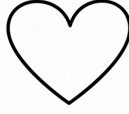






February Self-Care Challenge

Color in a heart for every activity completed. Complete in any order you choose ☺

1 Mindfulness Mon. Dk Choc. Day 	2 Drink tart cherry juice before bed 	3 Workout Wed. Day *Rose Yoga 	4 Fun temporary rose tattoos 	5 Wear RED for heart health 	
6 Check in: ask "how are you?" twice 	7 Mail valentines with LOVE stamps 	8 Mindfulness Mon. *Color ♥ mandala 	9 Nat. Pizza Day Make your own! 	10 Workout Wed. Day *Free Weights 	
11 List 11 things you're grateful for 	12 Paint your toenails Rose red or pink 	13 Galentine's Day Movie Watch Party 	14 Happy Valentine's Day to you! 	15 Mindfulness Mon. Rose oil roller 	
16 Celebrate Mardi Gras dinner 	17 Workout Wed. Day *Abs/Floor Work 	18 Make a self-care box for yourself 	19 Sleep on a satin pillowcase 	20 Double mask and social distance 	
21 Relax in a rose scented bath 	22 *Mindfulness Mon. Anxiety Meditation 	23 Savor rose hip & hibiscus tea 	24 Workout Wed. Day *Basic Belly Dance 	25 Moisturize dry skin with rose lotion 	
26 Smooth face with rose quartz roller 	27 Breakfast on berries and yogurt 	28 Unplug & snuggle on Hygge Day 	<p>February Affirmation I make time to treat myself and those I love with kindness every day.</p> <p>Meditation Crystal of the Month Rose Quartz Love * Friendship * Self-Love</p>		
How many did you do? _____ out of 28.		© Mary Fletcher Jones	* Find self-care details and links at www.BestLife2021.wordpress.com		

