



Self-Care Checkpoint!

Stop here! So far today have you...?

- ♥ Had something to eat?
- ♥ Refilled your water bottle?
- ♥ Stretched any sore muscles?
- ♥ Given yourself a break?
- ♥ Had a good laugh?
- ♥ Taken a really deep breath?

If the answer to any of those is "no"
- see what you can do by bedtime!

SelfLoveRainbow