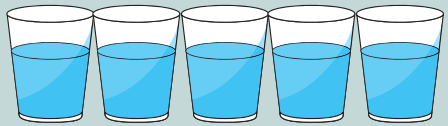
7-Day Self-Care Challenge

Try to achieve all of these self-care activities (everyday) over the next 7 days, and reflect on how you feel.

10 minutes of Yoga	Sleep 1 Hour Earlier	50 Star Jumps	Read a New Book
Look at the Sky	Journal Writing	Get Creative	Cook a Healthy Meal
Show Love	Listen to Music with Your Eyes Closed	5 Glasses of Water 	Tidy Your Room

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