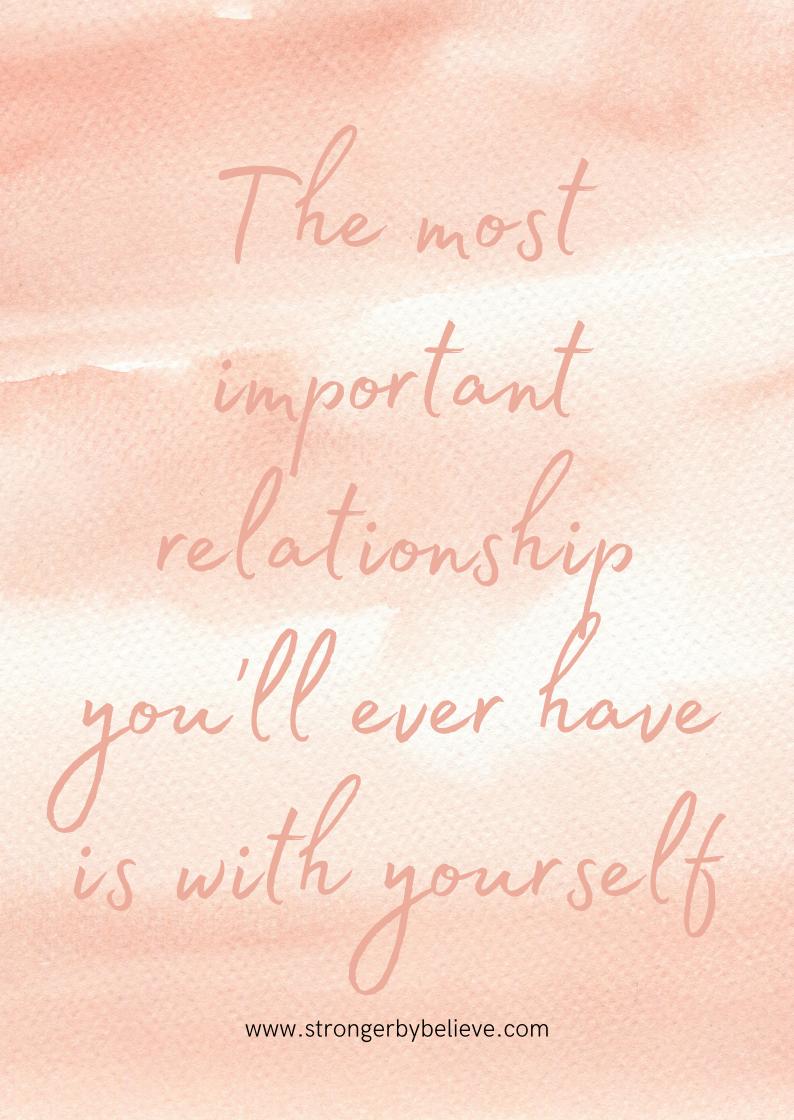




<b>Day 1</b> Journal 5 things that you are grateful for	<b>Day 2</b> Go to bed early tonight	<b>Day 3</b> Get some fresh air and spend time in nature	<b>Day 4</b> Give your social media a tidy up
Day 5	Day 6	Day 7	Day 8
Spend 10 minutes belly breathing	Before you go to bed, write down 3 things you appreciated today	D.I.Y Spa day at home	Unplug from technology tonight
Day 9	Day 10	Day 11	Day 12
Do something fun & creative today	Watch your favourite movie or TV series	Sit in stillness for at least 10 mins today	Write down 10 things you love about yourself
Day 13	Day 14	Day 15	Day 16
Get rid of 5 things you never use	<b>Day 14</b> Stretch your gorgeous body today	Write a hand written card for someone you love	<b>Day 16</b> Put on your favourite song and have a dance

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Thanks so much for joining us!

Here is where you can find us:



## www.strongerbybelieve.com

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