

EMPOWERING THE WOMEN  
OF TOMORROW  
*Stronger*  
by BELIEVE



16 DAY

SELF-CARE

challenge



### Day 1

Journal 5 things that you are grateful for

### Day 2

Go to bed early tonight

### Day 3

Get some fresh air and spend time in nature

### Day 4

Give your social media a tidy up

### Day 5

Spend 10 minutes belly breathing

### Day 6

Before you go to bed, write down 3 things you appreciated today

### Day 7

D.I.Y Spa day at home

### Day 8

Unplug from technology tonight

### Day 9

Do something fun & creative today

### Day 10

Watch your favourite movie or TV series

### Day 11

Sit in stillness for at least 10 mins today

### Day 12

Write down 10 things you love about yourself

### Day 13

Get rid of 5 things you never use

### Day 14

Stretch your gorgeous body today

### Day 15

Write a hand written card for someone you love

### Day 16

Put on your favourite song and have a dance

The most  
important  
relationship  
you'll ever have  
is with yourself

Thanks so much for joining us!

Here is where you can find us:



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