



A WEEK OF SELF-CARE/ WELLNESS ACTIVITIES

1. Strengthen your gratitude practice. Make a list of five things you are grateful for today.
2. Say no to anything that doesn't make you smile (negative self-talk, overextending yourself).
3. Say yes. Say yes to a special treat, to something you have been putting off, or to bringing the focus back to you.
4. Unplug. Even if it's just a little bit at a time.
5. Do a Brain Dump. (I have a post about this if you are uncertain or forget.)

Days 6 and 7: Repeat activities from the list.