

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Schedule your workouts and self-love challenges!	<b>Workout 1</b> Take a hot bubble bath! You deserve it!	<b>Workout 4</b> Write down 3 things you are grateful for.	<b>Workout 2</b> Sip on some tea, coffee, or hot lemon water and set your intension for the day. What do you want most out of today? Do it!	<b>Workout 4</b> Drink ½ your body weight in ounces of water. Ex. 150 lbs. drink 75 ounces of water.	<b>Workout 3</b> Crank up some of your favorite tunes and have a dance party for 10 min. Let loose and have some FUN!	Get online and find 2 healthy recipes to try next week! Bonus: Go to the grocery store and buy the ingredients.
Listen to your body. What does she need today? (Rest, nature, a nap, exercise, etc.) Do that!	<b>Workout 1</b> What is something you've been putting off that you can begin to take action on? Do it! I believe in you!	<b>Workout 4</b> Write yourself a letter of appreciation. Start the letter by saying "I'm proud of myself for...."	<b>Workout 2</b> Get out in nature. It's good for you mind, body, and soul.	<b>Workout 4</b> Practice being present. Turn off electronics and be fully engaged in the people you spend time with and in the things that you do. It will make your experiences richer!	<b>Workout 3</b> Wear something that makes you feel GOOD. Wearing something that you love can help boost your self-confidence and happiness!	Schedule a ladies night! Get out and have some FUN!

