

30 Day Challenge

Self Care *I Love Me!*



Heal with Me... Toni-Lee

Created By

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www.yogainyourspace.net

What to do.....

You deserve & need a little love and care.

Make sure to tick one a day, it doesn't matter what order you do this in, just make sure you do them all and more..
as you really do deserve to love
yourself every day.

rupi kaur -

*"How you Love yourself ,is
how you teach others to
Love you!"*

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Self Care 30 Day Challenge

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<input type="checkbox"/> Meditate	<input type="checkbox"/> Take 5 minutes to Breathe	<input type="checkbox"/> Go for a walk in nature	<input type="checkbox"/> Eat your favourite food	<input type="checkbox"/> Go to bed early
<input type="checkbox"/> Listen to your favorite song	<input type="checkbox"/> Make someone Smile today	<input type="checkbox"/> Take a nice bubble bath	<input type="checkbox"/> Hug someone Hug yourself xxx	<input type="checkbox"/> Practice yoga
<input type="checkbox"/> Dance	<input type="checkbox"/> Start a Journal	<input type="checkbox"/> Give yourself a facial	<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Kick off your shoes, put your feet on the grass
<input type="checkbox"/> Watch the sunrise	<input type="checkbox"/> Have Fun - Laugh	<input type="checkbox"/> Go to the Beach	<input type="checkbox"/> Watch your favorite movie	<input type="checkbox"/> Give yourself a manicure
<input type="checkbox"/> Read a Book	<input type="checkbox"/> Start a new hobby	<input type="checkbox"/> Write out your goals	<input type="checkbox"/> Wear your favourite outfit	<input type="checkbox"/> Watch the sunset
<input type="checkbox"/> Give yourself a break	<input type="checkbox"/> Learn a new skill	<input type="checkbox"/> Pamper Yourself	<input type="checkbox"/> Surround yourself with positivity	<input type="checkbox"/> Drink plenty of water

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Congratulations

On taking the first step to taking care of
You!

Five or ten minutes (or more is good..) it is
not much really.

Give yourself permission to care for You!

Join me live or watch the video replay on
my FB group - Heal with me ..Toni-Lee where

I share a 15 - 25 min Meditation and Card
read each day & lots more good stuff

Check my website for any up and coming
Healing events or services & don't forget
to check out my freebies

xxx

From my Heart to yours

Toni-Lee xxx



Heal with me... Toni-Lee

[join Facebook Group](#)

[go to website](#)