



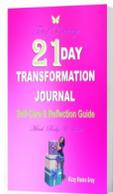
21 Day Self-Care Challenge

1 Drink 20oz. Water	2 Take a walk outdoors	3 Read an old journal	4 List places you want to visit	5 Clean out junk drawer	6 Enjoy a power nap	7 Meditate on a new scripture
8 List things to be hap- py about right now	9 Focus on progress not per- fection	10 Stretch For 10 minutes	11 Read for pleasure	12 Take a hot bubble bathe	13 Listen to Your favorite album	14 Learn something new today
15 Think about your positive qualities	16 Go to bed 30 minutes earlier	17 Have a phone- free even	18 Organize your closet	19 Exercise for 15 minutes	20 Make a healthy recipe	21 Plan Out your dream vacation

Want A Deeper Challenge?

Get your copy of the Self-Care & Reflection Journal. This Guide Focuses on Mind, Body & Spirit Challenges Daily as well as Positive Affirmations. The Journal Entries Will Unmask Deeper Level Heart Issues that Define Your Individual Make up and will be a Catalyst for Clarity & Freedom.

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