

1 Drink At Least 2L Of Water	2 Apply A Face Mask	3 Go For A Walk	4 Try Out A New Recipe	5 Spend 30 Minutes Organizing A Space In Your Home	6 Have A Bubble Bath
7 Take A Photo Of Something That Makes You Happy	8 Get A Manicure Or Pedicure	9 Spend 1 Hour Of Your Evening Working On Something You Love	10 Have A Film Night With The Family	11 Have A Social Media Free Day	12 Spend The Day Outdoors
13 Catch Up With Any Work You Are Behind On	14 Start Your Day With A Glass Of Water	15 Declutter Something In Your House	16 Do A 30 Minute Exercise	17 Nurture Your Body - Boost Your Nutrient Levels & Make A Healthy Smoothie	18 Work On Your Evening Routine: Make Any Changes
19 Have A Lazy Day	20 Do Some Baking	21 Try Something New- Step Outside Your Comfort Zone	22 Cook A Healthy Meal Eat Lots Of Greens	23 Do One Thing You've Been Putting Off	24 Grab Some 'Free Time' With Your Girls Or With Your Partner
25 Treat Yourself To Something You Have Wanted	26 Find A New Documentary To Watch	27 Buy Yourself Some New PJ's	28 Plan The Week Ahead – Write A To Do List	29 Have An Early Night: Rest Your Mind	30 Write Down Some Short Term Goals

