

Drill #8 Things Your Momma Never Told You About Self Care



Self Care Appetizers/Starters

15 minute power nap

10 minute recharge walk outside

Self Care Main Course

1 hour workout at the gym

30 minute soak in the tub

Self Care Dessert

Massage

Manicure and pedicure

Your mission is to get creative and have fun creating a menu that you can use on a daily basis. Once you have done that, please take some time each day to order from your menu. Even if you are only able to choose from the appetizer portion of the menu during the week, that is just fine. Some self care is better than none at all. The more you practice self care, the more it will become a habit and not something to feel guilty about. Oh, and trust me, people will notice a positive difference. Now is your time to take care of you!

Self Care Menu		
<i>Appetizers/Starters</i>	<i>Main Course</i>	<i>Dessert</i>