

My Self Care Journey



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Are you on a self care journey to be your best self?

Be featured on the Bright Day Blog and Instagram! Share your story with other women to inspire and empower them to embark on their own journey.

How? Answer the following questions & submit up to 10 photos (1:1 ratio) of you and your journey. Email your answers & photos to brightdaybathandbody@gmail.com

- 1 Tell us a little about yourself.
- 2 What inspired your current self care journey?
- 3 Tell us about the journey you're on - how long have you been working on it, what are you doing in your journey, what are your goals?
- 4 What's the most fulfilling part of the journey for you?
- 5 What's the most surprising thing you've discovered about yourself on this journey?
- 6 What's one piece of advice you'd like to give other women when it comes to self care?

