

ACTIVITY

Meditate
for 5 minutes

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REFLECTION

What are the
five things that
make you
smile?

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ACTIVITY

Do a quick
7-minute
workout

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REFLECTION

How do you practice
self-love
and self-kindness?

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ACTIVITY

Watch the
full moon
and do an
abundance ritual

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REFLECTION

How can you
celebrate
yourself today?

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ACTIVITY

Take out 5
things in your
closet that
don't spark
joy

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REFLECTION

Write three
good things
that happened
to you today

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ACTIVITY

Try mindful
crafting

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AFFIRMATION



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