

Exercise Day 18:

Self Care:

Do you feel exhausted or anxious, depressed or unfulfilled? Are you taking good care of your physical, mental, emotional and spiritual needs?

Take some time to really think about this.

Examine what is draining your energy. What are the things that make you feel depleted? List them out or journal about what is keeping you from total wellness. Then you can go to the self care list (at the bottom of the website page) or think of some solutions on your own. Choose ones that will fill you up and make you feel energized, not more depleted.



21-day Self-Love Challenge

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