

Exercise Day 20:

Self Soothing:

Grounding exercise. This is a great thing to do if you are feeling anxious or want to come into the present moment.

Name 5 things you can see right now

Name 4 things you are grateful for

Name 3 things that you can touch right now

Name the first 2 letters of your name

Name 1 thing you did today



21-day Self-Love Challenge

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