



Girl Talk & Coffee

A 10-Day Self-Care Guide

Day 1: Walk among the trees with your favourite hot drink.

Day 2: Sit in nature with your favourite book.

Day 3: Soak in a bubble bath, light candles & play spa music. Shave, wash hair, exfoliate & moisturize your entire body.

Day 4: Go to the beach or the park. Pack a cozy blanket & a hot cup of coffee.

Day 5: Go Get your greens. Vital Greens are a quick & easy fix. Take 1 shot per day.

Day 6: Turn-up the music. Dance & clean the house.

Day 7: Call up a friend. Walk and talk together.

Day 8: Cook a nutritious meal. Start simple & explore www.eatwell101.com for ideas.

Day 9: Do something you used to Love. For example, reading, painting or yoga.

Day 10: Do something kind for someone else. It doesn't have to be big. Start small.