Hello there,

Welcome to your 30-day #selfcare challenge. With this planner you’ll focus on adding one new habit to your daily routine that will improve your physical, mental, and emotional well-being.

1. **Print the challenge sheet.**
   Find a quiet spot for 2 minutes and think about where you’ve been falling short of taking care of yourself.

2. **Write down one thing to focus on.**
   Whether it’s to find your inner peace, get some exercise, eat healthily or simply be more grateful.

3. **Pin it up and visit your sheet daily.**
   Don’t forget to mark off each day with an “x” as you go. If you’ve missed a day, don’t worry, mark it with a line “-“.

4. **Share your wins!**
   Use the #selfcare hashtag and follow others taking on the challenge. We’ll all join in support, and celebrate your success!

Get your friends and co-workers involved! This challenge is the perfect tool to achieving a positive life, filled with self-care and success.

Larissa Macleman
Business Development Manager
Timely

I owned an award-winning salon for 20 years, and ran an online marketing business for 3. Now with Timely, I’m on a mission to help you be successful in your business.
30 day #selfcare ❤️ challenge

My daily focus:

My goal is to have an unbroken chain of X's in the circles for 30 days.

My reward
30 day #selfcare 🌹 challenge

Start date: 9th May 2016
End date: 7th June 2016

My daily focus:

Get out and about during my workday without my phone at least once...even if only for 10 minutes! #selfcare

My goal is to have an unbroken chain of X’s in the circles for 30 days.

My reward:

My reward will be to book myself in for a half day of indulgence at the spa!