Work on letting go of bottled up energy today, incorporate deep breathing.

Think of a friend who has been stressed lately; think of a way you can comfort and support them.

See your space with a stranger’s eyes today, act as if this is the first time you have seen your place. What do you notice that you don’t usually?

Take time to laugh today, schedule it into your day so that it happens.

Explore ways to enjoy the weather today, regardless of the forecast.

Identify a habit that no longer serves you and develop a strategy to combat it.

Brush your teeth with intention and awareness today. Notice where else you might be able to incorporate mindfulness in your self-care routine.

Mindfully clean a room in your home.

Find a quote or affirmation that motivates you today.

Bring awareness to where you are holding tension in your body and actively soften it; repeat throughout the day.

Take a technology timeout today.

Be kind to yourself today, refrain from criticizing yourself.

Do one thing today that will help you sleep better tonight.

Pay attention to posture today; keep your shoulders back, neck long and core engaged.

Before starting your tasks today, set a timer to keep you on track.

Which quality about yourself would you like to strengthen today.

Check in with your energy levels today, plan your day in a way that aligns with how you’re feeling.

Reflect on your favorite music today and don’t be afraid to embrace some movement.

Put on your favorite music today and don’t be afraid to embrace some movement.

Put attention to the weather today, regardless of the forecast.

Identify a habit that no longer serves you and develop a strategy to combat it.

Reflect on what reward you would give yourself today, what do you need to be appreciated for?

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