

My Motivation for Self Care
this week:

The Little Habits

A 2 Day Retreat Planner

Canberra
Weekly

Day One

Day Two

Morning Habit

Daily Self Care
Habit

Movement Habit

Evening Habit



Some Self-Care Tips:

- Daily Meditation
- Book in a Massage
- Weekly Face Mask
- Enjoy a Green Smoothie
- Daily Gratitude Journalling
- Set aside 'Digital Detox'
Time
- Move your body in a way
that you enjoy

