Self Care Sunday

Self care for a stressful week that happens to be on a sunday



- [ ] Get a drink of water or tea
- [ ] Let hair down and change into a comfy bathing suit because its HOT TUB time
- [ ] Next take a hot shower with luxery products
- [ ] Clean face for face masks
- [ ] Manicure/Pedicure
- [ ] Yoga
- [ ] Write about our week
- [ ] 1 minute of meidtating
- [ ] Write a letter to future self
- [ ] Get snacks
- [ ] Bed, netflix, and food
- [ ]

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