

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 luxury products
- ☐ Clean face for face masks
- ☐ Manicure/Pedicure
- ☐ Yoga
- ☐ Write about our week
- ☐ 1 minute of meidating
- ☐ Write a letter to future self
- ☐ Get snacks
- ☐ Bed, netflix, and food
- ☐