

Weekly Self-Care

#MindsetMonday

Call a friend, contact someone that helps you stay uplifted and in a positive mindset

#TuesdayRhythm&Dance

Break up the stagnant energy and get your blood circulating with a little music, movement and dance

#Woman talk Wednesday

Give yourself a pep talk- talk to yourself to get out of a funk

#ThoughtfulThursday

Grab your fav tea and reflect on a time in your life that was filled with joy. Find a way to hold on to that today

#FunFamilyFriday

Do something with your family(board games, arts & crafts, movies etc..Something to share a laugh or cuddle

#SelfcareSaturday

This is your day! get a massage, do yoga, take a long healing & cleansing bath, take a walk, have lunch w/ a friend or get creative

#SuperSoulSunday

Take time to pause and reconnect with God, the source. Write in a gratitude journal, meditate, pray, light a candle and