

HLB



# HOW TO USE YOUR SELF CARE CALENDER

START TODAY!

LOOK OVER THE NEXT 2 WEEKS OF  
ACTIVITIES, PLAN HOW YOU WILL DO THEM  
& WHAT YOU NEED. USE THE DAILY  
REMINDER AS A PROMPT TO KEEP GOING!



# HLB SEPTEMBER SELFCARE CALENDER

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<div>LISTEN TO THE HLB MEDITATION IN THE EMAIL</div> <div>ASK FOR HELP, PRESERVE YOUR ENERGY</div>	<div>FIND A CALMING PHRASE TO SAY WHEN THINGS GET ALOT</div> <div>TAKE A WALK TO SOMEWHERE WITH BEAUTIFUL GARDENS.</div>	<div>ENJOY A MINDFUL BREAKFAST AND SIP YOUR MORNING DRINK SLOWLY</div> <div>PLAN SOMETHING JOYFUL FOR NEXT WEEK.</div>	<div>REVIEW ONE BOUNDARY TO MAKE THE WEEK CALMER</div> <div>DO A PAMPER TREATMENT THIS WEEKEND</div>	<div>LISTEN TO THE HLB MEDITATION</div> <div>LONG BATH WITH CANDLE LIGHT</div>	<div>DONT RUSH YOUR LUNCH, HAVE IT DELIVERED AND TAKE YOUR TIME</div> <div>BE SELFULL WITH YOUR TIME THIS EVENING</div>	<div>FOCUS ON THE BASICS FOOD, SLEEP AND EXCERCISE</div> <div>BOOK A SPA OR HOME BEAUTY TREATMENT FOR NEXT WEEKEND</div>
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<div>LISTEN TO THE HLB MEDITATION</div>	<div>DO A 15 MIN (AM) BODY STRETCH ON YOU TUBE</div>	<div>GO FOR AN AFTERNOON DRIVE</div>	<div>PLAN SOMETHING JOYFUL FOR NEXT WEEK.</div>	<div>LISTEN TO THE HLB MEDITATION</div>	<div>PLAN A RELAXING ACTIVITY</div>	<div>REVIEW IN A JOURNAL HOW YOU GOT ON</div>

