

YOGILATION'S "SELF-CARE MARCH" CHALLENGE

MO	TUE	WED	THR	FR	SAT	SUN
					Ready? GO 😊	1 Go for a long walk (.. and sleep in)
2 Write down 5 things you are thankful for	3 Try yoga	4 Buy yourself some fresh cut flowers	5 Sweat	6 Read for pleasure	7 MEDITATE	8 Set aside time to get creative
9 Get yogilated 😊	10 Write down 5 things you like about yourself	11 Stretch & Relax	12 Cook your favorite dinner	13 Call a friend	14 Try that exercise class you've always wanted to	15 Take a nap and turn off your phone
16 MEDITATE	17 Clean out a junk drawer	18 Listen to your favorite music and sing along	19 Sweat	20 Take a deep breath	21 Meet up with a good friend	22 Write down 5 things you're excited for
23 Schedule your annual health check-up	24 Meditate	25 Sweat	26 Watch your favorite movie	27 TGIF - Make someone SMILE 😊	28 Treat yourself to a DIY wellness day	29 Check your social media only in the morning and evening today
30 Smile at a stranger 😊	31 Streeetch	STAY YOGIILLATED 😊 Find details to each day: yogilation.com				

