



TO FEEL MORE ENERGETIC, I WILL:

- * Find ways to be more active
- * Connect with people and try something new
- * Get creative
- * Learn to relax and chill
- * Make time to enjoy a good book
- * Get into a healthy sleep routine
- * Make time for self-care
- * Live life with purpose
- * Learn to use my energy wisely
- * Eat a balanced diet
- * Drink enough water

To me,

This is to remind me; I can make changes if I choose to which are good for my wellbeing and I have the right to make my own plans and have my own dreams.

On..... I made a promise to myself to:

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Even if I forget, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps; no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx

“If you neglect to recharge a battery, it dies. And if you run full speed ahead without stopping for water, you lose momentum to finish the race.”

- Oprah Winfrey