

10 things to START doing right now!



START BEING GREATFULL



START A MEDITATION PRACTICE



START EACH DAY WITH LEMON WATER



START SOME FORM OF EXERCISE



START MAKING SELF CARE A PRIORITY



START READING STUFF GEARD TO SELF DEVELOPMENT



START EATING HEALTHIER



START SEEKING TO BE AROUND PEOPLE WHO ARE LIT UP BY LIFE



START BEING MINDFUL OF WHAT YOU FOCUS ON



Start being kinder to yourself