














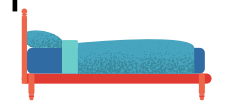



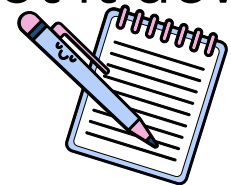








# FEEL GOOD CALENDAR

It's time to take care of you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Make a Self-Nourishment Box <input type="checkbox"/> 	Add mindful moments <input type="checkbox"/> 	Eat “feel good eats” <input type="checkbox"/> 	Discover the Benefits of Tea <input type="checkbox"/> 	Hear Relaxing Sounds <input type="checkbox"/> 	Fix a Refreshing Facial <input type="checkbox"/> 	Read something interesting <input type="checkbox"/> 
Add spice love <input type="checkbox"/> 	Take a needed nap <input type="checkbox"/> 	Soak in tub/ take a hot shower <input type="checkbox"/> 	Add a pop of color to home <input type="checkbox"/> 	Jot a gratitude list <input type="checkbox"/> 	Surround Self w/ Positive Energy <input type="checkbox"/> 	Explore Places Close to Home <input type="checkbox"/> 
Tackle a needed task <input type="checkbox"/> 	Embrace family/ friends <input type="checkbox"/> 	Move to the music <input type="checkbox"/> 	Let Creativity Flow <input type="checkbox"/> 	Practice Random Kindness <input type="checkbox"/> 	Improve Your Sleep Schedule <input type="checkbox"/> 	Give the gift of touch <input type="checkbox"/> 
Smell sweet scents <input type="checkbox"/> 	Learn something new <input type="checkbox"/> 	Jot it down <input type="checkbox"/> 	Try a new recipe <input type="checkbox"/> 	Mend a favorite wearable <input type="checkbox"/> 	Spend time with a friend <input type="checkbox"/> 	Say no if it's not the right time <input type="checkbox"/> 
Live in the Moment <input type="checkbox"/> 	Give yourself a hug <input type="checkbox"/> 					



[VineRipeNutrition.com](https://VineRipeNutrition.com)

