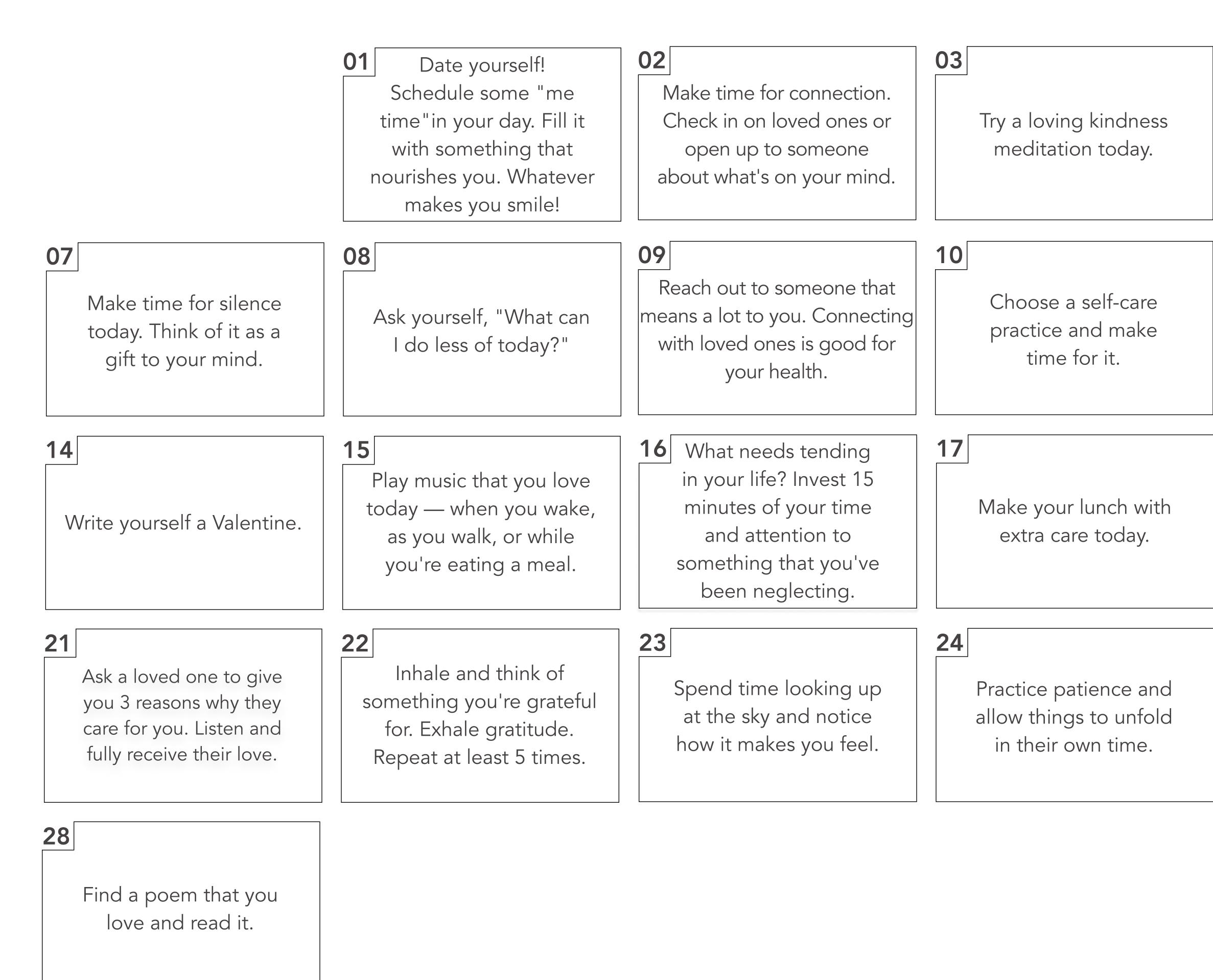
"The present moment is the only time over which we have dominion."

Thích Nhất Hạnh





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04 Schedule at least 15 minutes of pure enjoyment into your busy day.	05 Look in the mirror today and find something you love about yourself. Say it loud and take a selfie!
11	12
Charge your mental and physical batteries by getting enough sleep and going to bed early or on-time tonight.	Write yourself a self-love note
40	40
18 Rewrite a story that you've been telling about yourself that is no longer serving you.	19 Find a way to spend some time outside today. Just 30 minutes in nature can improve your mood and sense of wellbeing.
25 List your best qualities. If you find this difficult, ask a friend!	Massage your face and give extra love and attention to the places you hold tension.

d	06 Meditate twice today.
	13 Text a friend who may need some love today.
	Г
	20 Make space in your day for some YOU time.
	Be kind to someone that you find challenging in your life.

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