

Midwinter Self Care

- 
- ☐ Daydream or make wish list
 - ☐ Enjoy warm soups and beverages
 - ☐ Rest & reflect or journal
 - ☐ Moisturize your skin, hair & nails
 - ☐ Purge & donate items to a cause
 - ☐ Read or listen to something inspiring
 - ☐ Connect with nature for 15 min/day

Notes: