

# 5 Days of Self Care Challenge

Day 1	Day 2	Day 3	Day 4	Day 5
<p><b>Write down five nice things about yourself and three positive things happening in your life right now.</b></p>	<p><b>Exercise for 30 minutes.</b></p>	<p><b>Take 30 minutes to yourself and relax without technology.</b></p> <p><i>Ideas include going for a walk, read a book, light a candle and meditate or pray.</i></p>	<p><b>Put on some music and dance around the house with your family.</b></p> <p><i>Smile while your doing it and enjoy laughing.</i></p>	<p><b>Get ready today as if you were going out to meet someone for coffee.</b></p> <p><i>Share a photo of your good looking self on the Born to be Adventurous Mamas Facebook group or on Instagram.</i></p>

Connect and share your self care journey by joining the **@borntobeadventurousmamas Facebook group** and/or make sure to tag **@borntobeadventurous on Instagram.**