**Hello Darling!**

**A little reminder to actually look after yourself, even though you may be hitting a rough patch! You are strong and capable and have the power to move forward as the best version of you.**

Remember to do these no matter what:

* Drink a glass of water as soon as you wake up and stay obsessed with hydration throughout the day.
* Take your vitamins!
* Set your intention, breathe deeply and feel gratitude for what you have in this moment.
* Eat a yummy healthy breakfast, sitting down at a table and take your time. Everything else can wait!
* Go to karate or the gym, even if you don’t feel like it because it will change everything, including your mood and perspective.
* Tell someone you love and appreciate them.
* Cuddle your puppy!
* Go grocery shopping so you never have to eat unhealthy food or worry about what the next meal will be.
* Sing a little, hit the studio, play piano or write a song.
* Get outside and enjoy the fresh air or sunshine!
* Have a lovely hot shower with peppermint shampoo and complete your skin care routine.
* Put a glass of water on your bedside table before bed.
* Be in bed by 11 and thank the universe for the gift and lessons of today.

Above all remember you are an amazing person and have everything you need to thrive in this life. Everything is working out exactly as it is meant to.

Love,

Me