



self-care on a budget

KINDNESS EDITION

Buy Yourself Flowers

FRESH FLOWERS HAVE ALWAYS BROUGHT ME COMFORT, AND IT'S NO SURPRISE. FRESH FLOWERS DECREASE STRESS, PROMOTE PRODUCTIVITY AND INCREASE HAPPINESS.

Lunch Date

SOLO LUNCH DATE. IT'S SIMPLE... NOTHING LIKE QUALITY TIME WITH YOURSELF

Celebrate Your Wins

IT'S REALLY EASY TO ALWAYS BE PLANNING YOUR NEXT MOVE THAT YOU FORGET HOW FAR YOU'VE GOTTEN. DON'T FORGET TO GIVE YOURSELF TIME TO GO OVER YOUR WINS, BIG OR SMALL

Light a Candle

PERFECT WAY TO SHOW YOURSELF SOME LOVE. SCENTS CAN BRING BACK MEMORIES, BOOST ENERGY, AND CALM YOUR MOOD.

