

# FIND YOUR FLOW

## 25-DAY SELF CARE CHALLENGE

- 1) try a yoga livestream with @tomash\_\_strnad on our Instagram
- 2) go for a short walk
- 3) go to bed an hour early
- 4) read 10 pages from a book
- 5) call a friend
- 6) watch a livestream with @veronikaduzi on our Instagram
- 7) cook yourself a nutritious meal
- 8) drink at least 2 litres of water
- 9) cook your favourite recipe
- 10) listen to some episodes of your favourite podcast
- 11) try a new recipe
- 12) write down 5 things you like about yourself
- 13) try a guided meditation
- 14) check out the livestream with @czechpsychologist on our Instagram
- 15) write a list of things you want to achieve by the end of the year
- 16) listen to a self-development podcast
- 17) write down your thoughts
- 18) try a guided breathing exercise
- 19) try work out with @anetamitusinova on our Instagram
- 20) write down what you are grateful for
- 21) stretch for 5 minutes
- 22) find 3 positive affirmations
- 23) listen to your favourite playlist
- 24) get a new workout outfit
- 25) reward yourself with something you like