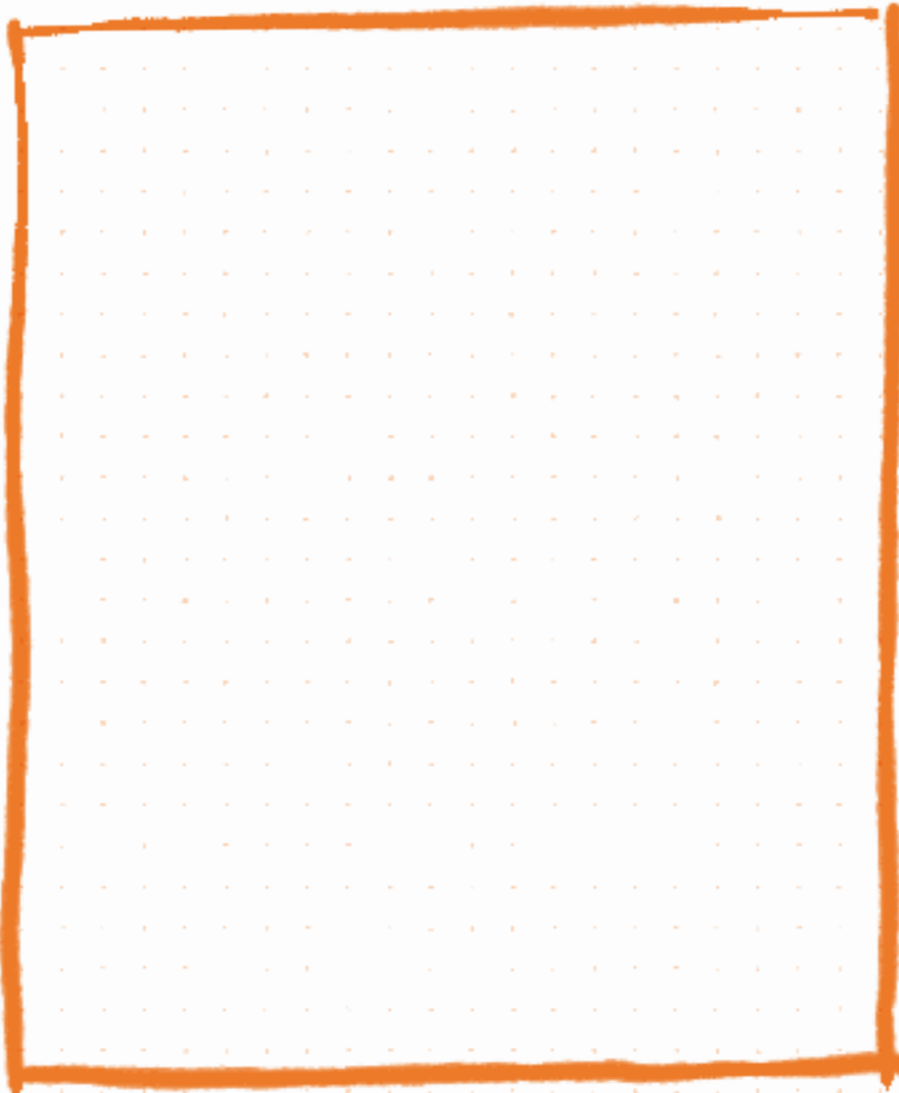




If you look at the people in your circle and they don't inspire joy, love and connection, then you don't have a circle, you have a box

Stick a picture of you and a friend on this page. Underneath, write about this friendship, focusing on how it feeds your soul.



De-clutter.

Choose a place – your email inbox, or your wardrobe – and get rid of the junk!

Decluttering may not sound like the most exciting form of self care. But clearing out your space, life or mind can have a positive impact on your physical and mental well-being. Making decluttering part of your self care routine helps to reduce decision fatigue, stress levels and irritability. It also contributes to feelings of mastery, achievement, and your ability to say 'No'. Maybe what you want to let go of is not a thing, but a person. What needs to go to improve your quality of life?

