Non-Negotiable Self-Care

To act with discipline as a form of self-love. Think about the things that show health bene:its both physically and emotionally. Personalize these categories to create your own nonnegotiable self-care plan.

- 1) Body Movement (30 Minutes)
- 2) Breath Work
- 3) Nutrition
- 4) Connection
- 5) Nature (20 Minutes)