

7-DAY SELF-CARE CHALLENGE

7 Days to a Softer, Happier You

BY MISS COGNITA

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WELCOME

You don't need hours or expensive routines to feel your best — just a few minutes of daily intention. Here's your gentle 7-day self-care plan with simple steps to reconnect with yourself. You can print this or use it digitally.

Rhia Cognita



Day

Schedule

Notes

1

Start your day with 5 minutes of deep breathing or mindful silence

2

Make yourself a nourishing drink and enjoy it without distractions

3

Hydrate — aim for 8 glasses of water today

4

Go for a short walk or stretch for 10 minutes

5

Take a warm bath or shower with relaxing music

6

Write 3 things you're grateful for

7

Do one kind thing just for you (rest, treat, say no, etc.)

Best Of Luck!



GOOD TO SEE YOU!

TIP!

Post your progress and tag us @mscognita
with #RechargeWithMissCognita

