

7-DAY SELF-CARE CHALLENGE

# 7 Days to a Softer, Happier You

BY MISS COGNITA

[WWW.MISSCOGNITA.HEALTH.BLOG](http://WWW.MISSCOGNITA.HEALTH.BLOG)







# 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.

*Miss 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

