

BWLW'S 2022 SELF-CARE CHALLENGE - #BWLWDEC

<p>DAY 1</p> <p>MAKE A PLAYLIST OF YOUR FAVORITE UPLIFTING SONGS.</p>	<p>DAY 2</p> <p>DO SOME YOGA FOR RELAXATION AND FLEXIBILITY..</p>	<p>DAY 3</p> <p>MAKE A GRATITUDE LIST.</p>	<p>DAY 4</p> <p>START READING A BOOK THAT WILL HELP YOU RELAX.</p>	<p>DAY 5</p> <p>WRITE DOWN A PRAYER FOR YOURSELF.</p>	<p>DAY 6</p> <p>CALL SOMEONE WHO ENHANCES YOUR LIFE.</p>	<p>DAY 7</p> <p>WATCH YOUR FAVORITE POSITIVE MOVIE.</p>
<p>DAY 8</p> <p>LIST 5 WAYS YOU CAN MAKE FOOD LESS STRESSFUL.</p>	<p>DAY 9</p> <p>TAKE A RELAXING BATH</p>	<p>DAY 10</p> <p>HAVE A TOTALLY SOCIAL MEDIA-FREE DAY.</p>	<p>DAY 11</p> <p>DO 30 MINUTES OF LOW-IMPACT EXERCISE.</p>	<p>DAY 12</p> <p>CLEAN OUT YOUR INBOX. IT'S TIME TO UNSUBSCRIBE AND PURGE.</p>	<p>DAY 13</p> <p>DE-STRESS YOUR FEET.</p>	<p>DAY 14</p> <p>DE-CLUTTER ONE AREA OF YOUR HOME THAT IS STRESSING YOU OUT.</p>
<p>DAY 15</p> <p>COOK YOUR FAVORITE MEAL.</p>	<p>DAY 16</p> <p>MAKE A LIST OF YOUR STRESS TRIGGERS AND A LIST OF SOLUTIONS.</p>	<p>DAY 17</p> <p>WEAR SOMETHING THAT MAKES YOU TRULY FEEL BEAUTIFUL.</p>	<p>DAY 18</p> <p>GET AT LEAST 8 HOURS OF SLEEP.</p>	<p>DAY 19</p> <p>LISTEN TO A HELPFUL PODCAST.</p>	<p>DAY 20</p> <p>WATCH YOUR FAVORITE COMEDY AND LAUGH.</p>	<p>DAY 21</p> <p>SIP TEA AND RELAX FOR AT LEAST 15 MIN. NO TV OR DEVICES.</p>

JOIN US DEC 1-21, 2022 IN OUR [FACEBOOK GROUP](#). CHECK-IN DAILY AT 7 PM.
 VISIT WWW.BLACKWEIGHTLOSSSUCCESS.COM FOR THE FULL CHALLENGE DETAILS.
 FB & IG: @BLACKWOMENLOSINGWEIGHT



NOTES



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