

30 DAYS ME CHALLENGE CHECKLIST



- Accept the things you can't change
- Ask for help
- Exercise for 5 minutes
- Say NO to something
- Give yourself a neck stretch and massage
- Practice gratitude
- Accept yourself
- Dance like nobody is watching
- Go to be half an hour earlier
- Slow down
- Take a looong breath
- Enjoy the now
- Embrace your emotions
- Disconnect
- Live your truth
- Smile when you wake up
- Develop daily habits
- Give compliments/feedback
- Love
- Do something that scares you
- Catch up with a friend
- Take 20 min of spa time
- Write down something good
- Adopt a new habit
- Cook something delicious
- Treat yourself with a local coffee
- Wear comfy clothes all day

NOTES

INSTAGRAM: @LIDIALINS
FACEBOOK PAGE: @INEOCOACHING
FACEBOOK PRIVATE GROUP: MINDFUL LIVING BY LIDIA LINS
YOUTUBE CHANNEL: INEOCOACHING
WEBSITE: WWW.INEOCOACHING.COM