My 30 day self-care challenge....

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: 20 min exercise _ : No negatives _	: 20 min exercise _ : No negatives _	: 20 min exercise : No negatives	: 20 min exercise _ : No negatives	: 20 min exercise : No negatives	: 20 min exercise _ : No negatives _	: 20 min clean : 20 min exercise : No negatives : Day 7 done!
: 20 min exercise _ : No negatives _	: 20 min exercise : No negatives	: 20 min exercise : No negatives	: 20 min exercise . : No negatives	: 20 min exercise : No negatives	: 20 min exercise : No negatives	: 20 min clean : 20 min exercise : No negatives : Day 14 done!
: 20 min exercise _ : No negatives _	: 20 min exercise _ : No negatives _	: 20 min exercise : No negatives	: 20 min exercise: No negatives	: 20 min exercise : No negatives	: 20 min exercise . : No negatives .	: 20 min clean : 20 min exercise : No negatives : Day 21 done!
: 20 min exercise _ : No negatives _	: 20 min exercise : No negatives	: 20 min exercise : No negatives	: 20 min exercise . : No negatives .	: 20 min exercise : No negatives	: 20 min exercise . : No negatives .	: 20 min clean : 20 min exercise : No negatives : Day 28 done!
	: 20 min clean : 20 min exercise		the same			



_: No negatives

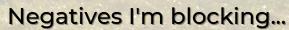
: Day 29 done!



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__: No negatives

: 30 days done!!!



Things I know I need fixed / cleaned:







Common items that people often overlook when cleaning their homes...

- Windows, tracks & sills
- Baseboards & moldings
- Ceiling fans & light fixtures
- Underneath furniture
- Stove vents
- Silverware drawers
- Pet bedding and toys
- Shower / tub
- Toilet
- · Air filters & vents
- Walls
- Junk drawer
- Closet / Clothes
- Purse / Bags

- Wash outside of vehicle
- Clean inside of vehicle
- Garage / storage space
- Gutters & downspouts
- · Loose debris around yard
- Trimming shrubs
- Outdoor storage area
- Outdoor furniture
- Washing windows
- Washing doors & trim
- Washing driveway
- Outdoor lighting fixtures
- Outdoor grills & BBQ
- Outdoor HVAC units





Common items that people often overlook when cleaning their business...

- Clearing out old unnecessary filed, both physical and digital.
- Organizing and decluttering desk and work space.
- Taxes (lol)
- Review and update social media profiles.
- Review and test your website from the eyes of a client.
- Emails = getting it to zero.

- Pulling a list of past clients and reconnecting with them.
- Pulling a list of all leads and revisiting how to connect with them.
- Adding clients birthdays and anniversaries.
- Review your lead follow up and conversion plans.

If you need help with any of this. Please text me at (905) 903-54425) 903-5442 and I'll devise a plan specific to you.





List of common health-related tasks that of the often get overlooked:

- Daily stretching or yoga
- Daily cardio (walking, running, biking)
- Eating a balanced and healthy diet
- Drinking enough water
- Getting enough sleep
- Meditation
- Regular checkups with physician
- Strength training
- Reading
- Making time for hobbies

I can make you a daily plan with accountability and a app to track you're goals to make a game of it.

If you need help... please text me at (905) 903-5442 and I'll devise a plan specific to you.

We have weekly accountability calls to keep you on track too!

Just ask:-)



