

Self-Care September Challenge

Challenge yourself this September to prioritise self-care, trying out 10 new tips of your choice, adopting 5 daily or weekly healthy habits and 1 epic month-long challenge to dig up that determination from within to feel physically and mentally better. Check out the Sistabliss Tribe website and Instagram for ideas.

10 Tips To Try

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5 Healthy Habits

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1 Epic Challenge

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At the end of the month, reflect on how your new practices benefited your physical and mental health, and note what you will continue to do next month.

This month's highlights were...

Next month, I will...