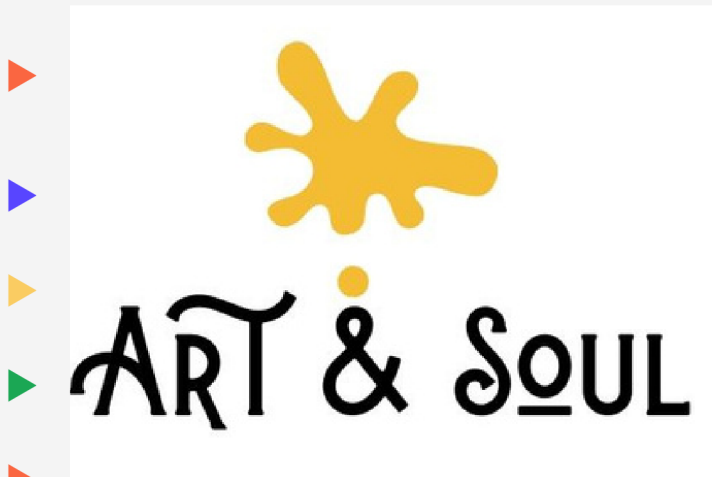




THIS "BETTER ME" KIT INCLUDES:

- ▶ 30-day challenge tracker
- ▶ Customizable self-care plan
- ▶ Dear my future self (a letter template)
- ▶ Art & Soul bingo board



Women's Retreat, Sept 7-10, 2023
In-person in Colorado. Register now!

OUR WHY

Your mental health matters.

Connections matter.

Play bingo with a new group of friends, your colleagues, or your book group

We are all changing, all the time.

Take care of you so you can better serve the world.

Not permanent, not perfect.

Nothing lasts forever, or is 100% done.



**WANT MORE INSPIRATION AND LESS OBLIGATION?
I CAN HELP.**

Livingcolorcoaching.com

30-day "better me" challenge



LIVING COLOR
COACHING

Check off one circle a day for 30 days! (It's ok to check 5 circles twice and leave 5 blank... this is your game after all!)

<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretch all your muscles	Drink more water	Go for a walk in nature	Give yourself a gift	Go to bed earlier
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen to favorite song	Eat vegetarian meals	Meditate	Cook your favorite meal	Practice yoga
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go on a solo date	Journaling	Give yourself a facial	Practice gratitude	Try a DIY Project
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watch the sunrise	Read a book	Explore a new city	Watch your favorite movie	Give yourself a manicure
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some sunlight	Start a new hobby	Write out your goals	Organize your closet	Watch the sunset
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give yourself a break	Learn a new skill	Create your ideal future	Surround yourself with positivity	Surprise someone you love



self-care plan



GOALS FOR MY MIND

- ▶
- ▶
- ▶
- ▶

GOALS FOR MY BODY

- ▶
- ▶
- ▶
- ▶

MIND

Mental health

Mindfulness and self knowledge

Soul

Stimulation and fulfillment

BODY

Self-care

Basic hygiene and body care

Improvement

Exercise, sleep and healthy food

GOOD RULES & HABITS I WANT TO LIVE BY



HAS 2 OR MORE LIVING GRANDPARENTS



HAS KID(S) AT HOME



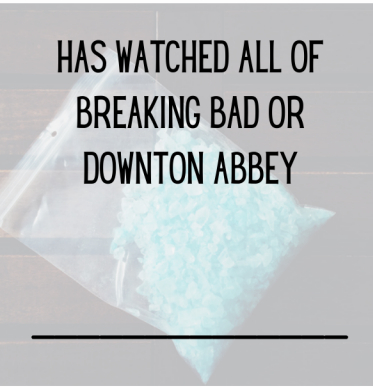
OWNS A CAMPER



TRADES STOCKS



HAS WATCHED ALL OF BREAKING BAD OR DOWNTON ABBEY



NAMED A BABY AFTER A FAMILY MEMBER



IS A SCORPIO OR ARIES



HAS LIVED IN MORE THAN 4 HOMES IN THE LAST 10 YEARS



HAS CONSULTED A PSYCHIC



READS SHORT STORIES OR POEMS FOR PLEASURE



MAKES THEIR OWN



PLAYED A SPORT IN HIGH SCHOOL



IS A CERTIFIED



HAS CAT(S) AT HOME



KNOWS HOW TO MAKE A PIE CRUST FROM SCRATCH



GREW UP IN A SMALL TOWN



HAS MADE POTTERY



PREFERS WINTER TO SUMMER



HAS TRAVELLED TO OVER 20 U.S. STATES



HAS A PARENT, CHILD, OR SIGNIFICANT OTHER WHO SERVED IN THE MILITARY

