



## **21 FREE LIFE UPGRADES**

1. Take the time to cook yourself your favourite meal

**2. Take a walk**

*3. Change the linens on your bed*

4. Visit an art gallery

5. Try the 1st free sessions of the latest new fangled exercise craze...

**6. Sleep in**

*7. Take a long shower*

8. Look through all the things you already own- fine china, nice clothes, etc and actually use them!

*9. When you notice you're feeling thirsty....get a drink of water*

**10. De-clutter your drawers**

*12. Treat you hair well and use a hair mask with coconut oil*

**13. Focus on eating better food**

*14. JUMP ON YOUTUBE AND DO 10 MINUTE RELAXING MEDITATION*

15. Get outside no matter what the weather

**16. Create a date night for yourself**

*17. Listen to inspirational videos on YouTube*

**18. Switch to an essential oil-based multi-purpose cleaner**

**19. Exercise/stretch in the morning**

**20. Go to the library**

**21. Buy yourself fresh flowers**