

My suggestion for you:

*One week with TTP*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Awareness</b> #1 know yourself	<b>Awareness</b> #2 know yourself	<b>Awareness</b> #3 know yourself	<b>Relaxation</b> Relax your body	<b>Relaxation</b> Relax your body	<b>Relaxation</b> Relax your body	<b>Health</b> Facial relaxation
<b>Relaxation</b> Decompress	<b>Relaxation</b> Slow down	<b>Relaxation</b> Mindful breathing	<b>Relaxation</b> Relax your body	<b>Health</b> Water and lemon	<b>Gratitude</b> See the beauty in Nature	<b>Connection</b> An act of kindness