



Take the time to  
breathe for 28 days  
Week Two

Day 8:

Do a five-minute job  
and just get it off your plate

Day 9:

Have a good laugh at  
something you really find funny

Day 10:

Stop, take stock, and  
tap back into your why

Day 11:

Do something kind for someone,  
with no expectation of anything in return

Day 12:

Pause and reflect on three things  
you are grateful for this week

Day 13:

Write yourself a permission slip  
for something you would really like to do or be

Day 14:

Make your bed up with crisp,  
clean, ironed sheets