



Take the time to
breathe for 28 days
Week three

Day 15:
Write a thank you letter

Day 16:
Time to celebrate
and savour the moment

Day 17:
Add something to your wonder-wall

Day 18:
Visit the professionals

Day 19:
Pause and reflect on
three things you are grateful for this week

Day 20:
Time to clear the kitchen table

Day 21:
Make your bed up with crisp,
clean, and ironed sheets