

A close-up photograph of a woman with blonde hair, wearing a light pink sweater, sitting on a dark grey couch. She is holding a white ceramic mug with both hands. A thick, white, textured blanket is draped over her lap and the couch. The background is a dark, textured wall.

SEPTEMBER
SELF CARE
CHALLENGE

guide



Hi, I'm
Laura

Welcome to this
5 day challenge!

FIND OUT MORE ABOUT ME
HERE >>>

I'm so glad you've decided to join me for this 5 day self care challenge to help you get back on track for the new season!

In case you don't already know me, I'm Laura, an award winning holistic wellbeing coach and writer of the blog [Wholeheartedly Laura](#)

I love the 'back to school' energy at this time of year and I've created this challenge to gently ease you into a healthy routine while also getting you to try some specific self care challenges as well!

If you, like me, want to use that fresh start energy of September, but in a way that actually prioritises healthy habits and feeling good then you are absolutely in the right place :-)

How the challenge works

- We start on Monday 10th September and run until Friday 14th September.
- Each day you'll have 3 healthy habits to track (you'll decide what these should be) as well as a short, simple daily challenge to complete.
- I'll email you each day to share that day's challenge and to keep you motivated and on track.
- I'll also post a daily video in the Facebook group to share more on that day's challenge and how to get the most out of it.

The challenge is designed so that even the busiest of us can get something out of it!

To get started:

- Join the lovely Facebook Group [HERE](#)
- Follow me on Instagram [@wholeheartedlylaura](#)
- Keep an eye on your inbox for the daily emails!

We start on Monday 10th September, ready to get stuck in?

**By taking part in this Challenge you are taking full personal responsibility for your own health and wellbeing. I am not a physician or nutritionist. Please listen to your body and use common sense when making decisions about your health.*

Your three healthy habits

For the purposes of this challenge, I'd like you to decide on 3 key habits you'd like to stick with daily each day of the challenge.

Three is just the right number for you to be able to focus on without getting overwhelmed that will still enable you to feel the difference!

To help you decide on your 3 habits, ask yourself these questions...

Think of the last time you really felt like you had your shit together - what routines or habits were you practicing consistently?

In the past, what habits did you find especially effective in helping you feel good?

Are there any area's of your life that are calling out for some routine and structure?

If you've already decided on intentions for September or the Autumn season, that's fine too, just think of what habits will support those.

Now it's time to decide on your three habits! Remember, keep them simple and doable:

1.

2.

3.

When you've decided on those habits share them in the Facebook Group!

Now when it comes to tracking these habits (tracking or monitoring is a proven success strategy!) you have some options:

- **Download and print off the [habit tracking sheet here](#).**
- **Create a note in your phone and use a check list for each of your habits**
- **Use a habit tracking app such as [Productive](#) or [Balanced](#).**

Cool? Cool. If you get stuck with what habits to track, feel free to tag me in the Facebook group.



The challenges

Each day of the challenge we'll be doing an effective self care practice!

They all take minutes to do, but can have a massive positive impact on how you feel - and we all want to feel more awesome right?

We'll look at each of these challenges in more depth in your daily emails, but here's a sneak peek at what we'll be doing...

MONDAY - Dress to impress (yourself)

TUESDAY - Grateful Gratitude

WEDNESDAY - Treat yo self

THURSDAY - Relax like a boss

FRIDAY - Get your positive pants on



Useful Extras and Bonuses

Check out [The Library](#) for a bunch of extra helpful resources such as a Self Care workbook and meal planning template. Password: lamwholehearted

Any questions?

I'll be in the Facebook Group, so just tag me if you have any questions at all!
Enjoy the challenge!

Laura xx

