



The Fabulous

✓ Moderator · Jul 04, 7:06 AM

Forget bubble baths and walks in nature (although those are great too). True self-care is about setting up systems to treat your body, mind, and soul with kindness and respect. In just four weeks on our transformation plan, you'll develop habits of regular fitness, meditation, healthy eating, and better sleep. Now that's self-care in action!

THE 4 WEEK TRANSFORMATION PLAN



Week 1: Fitness

- morning yoga
- go for a 20min run
- lift weights
- 7min hiit



Week 2: Meditation

- meditate for 10min
- gratitude practice
- loving kindness meditation
- guided visualization



Week 3: Healthy Eating

- have oatmeal for breakfast
- no sugar for one day
- try intermittent fasting
- eat veggies with every meal



Week 4: Better Sleep

- no phone 30min before bedtime
- go to sleep before 11pm
- read and drink tea
- listen to calming music





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Moderator · 30 Jan at 11:43 PM

Chasing a story page over page until you lose track of time is a thrilling and rare gift to yourself. The lives and adventures of imagined heroes become like kin and you invest yourself fully in their downfall or triumph. Printed pages stuck together seem like a very simple invention but a book is infused with magic and can transport you into a totally new realm. Take our reading challenge and discover uninterrupted literary time, the chance to reflect on what you've read, and connect with other bookworms. 'A book is a dream you hold in your hands.'
—Neil Gaiman

7 DAY READING CHALLENGE

Day 1



Pick a book that excites you

Day 2



Settle into a reading nest

Day 3



Steal some time to read

Day 4



Identify a random time for reading

Day 5



Reflect on

Day 6



Bond with a bookworm

Day 7



Share your



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Moderator · 05 Feb at 11:49 PM

You already know the importance of a morning routine, but do you have an equally powerful after-hours schedule in place? An evening routine can help you to process the day, plan for tomorrow, and prepare your body and mind for a restful night's sleep. Take time to wind down tonight with a journaling reflection, a chapter of your book, or a much-loved album. You'll look forward to it all day!

BEST EVENING ROUTINE





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Moderator · 17 Apr at 12:35 AM

The siesta is enjoyed throughout the Mediterranean as a way to recharge after a busy morning.

Spaniards start early before the sun gets too hot, work hard, and then enjoy a long lunch followed by a rest.

When you don't have time for a nap, power up for another few hours of productivity with a healthy snack, or simply move your body. Exercise can increase your energy levels and relieve stress helping you to see challenges in a new light.

Now go attack your afternoon to-do list!

FOR THE MID-DAY SLUMP!

- HAVE A LIGHT SNACK!**
- MOVE YOUR BODY!**
- GET FRESH AIR!**
- PRACTICE A SELF-AFFIRMATION!**
- CHECK YOUR TO-DO LIST!**
- PUT ON YOUR FAV SONG!**
- GET BACK TO IT!**