the fall refresh self-care + one new habit

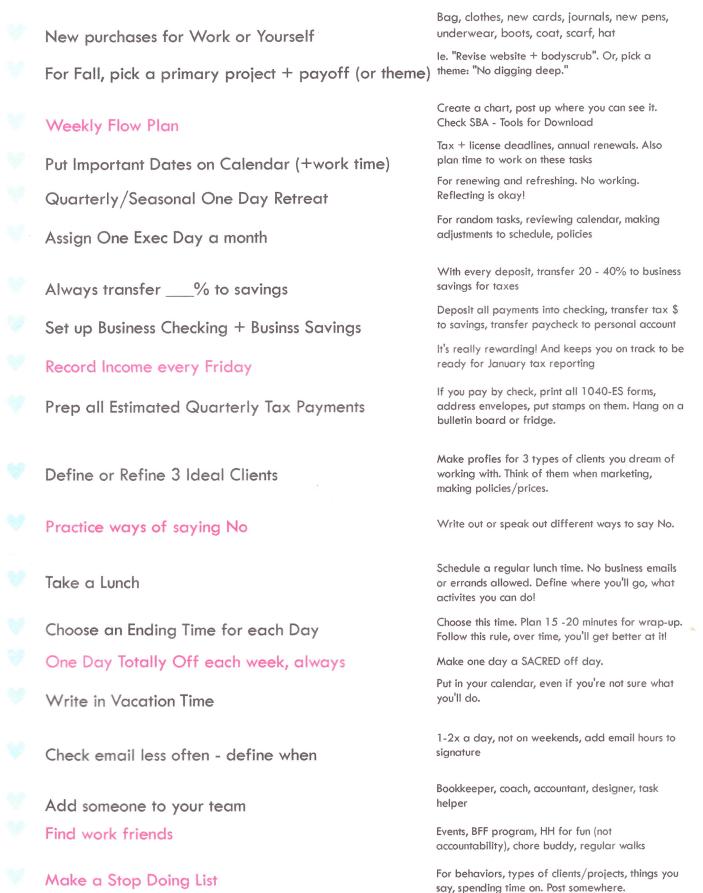
with Jenny Girl Friday

checking in with self-care and putting in the schedule

If you feel good, you will have the energy and bandwidth for solving the bigger problems. Plus, isn't the point to enjoy your days? Taking care of yourself is the best investment for your business, and it takes planning. :)



top 20 make-life-easier habits/actions



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