

THE UNAPOLOGETIC PAMPER ROUTINE

1

1-minute Grounding: one hand on your heart, one on your belly. Take deep breaths in and out through the nose and feel yourself here, now.

2

5-minute Mental Reset: empty your head, create a 'later list' for what is not urgent.

3

5-10-minute Physical Pampering: Do these [morning yoga stretches](#) or try these [relaxing yoga poses](#) to release tension and reconnect with your body.

4

5-minute Beauty Ritual: Do your skincare routine, take a refreshing shower, use all your favourite beauty items and enjoy! No rushing, no distractions.

5

20-minute Soul Activity: Spend time doing a hobby that lights your soul. Paint, write, crochet, garden, etc., whatever nourishes your inner spark.