



TLC'S SUMMER SELF LOVE + SELF CARE CHECKLIST

- Read three books
- Eat lunch on the patio
- Cut back on sugar
- Eat greens every day
- Get some sunshine (at the pool or lake)
- Have a summer BBQ or cookout
- Eat organic berries!
- Make organic juices and drink organic smoothies
- Never leave home without yur water bottle
- Make homemade organic popsicles
- Walk around the lake
- Do a water activity (Canoe, kayak, paddleboard, swimming)
- Go to the zoo
- Look for organic wine if you're choosing to drink alcohol (say bye-bye to grapes sprayed with pesticides)
- Spend a day doing all the things you love



LEVEL UP. VIBRATE OUT.
TLC's change making eight-week course