



# My Holiday Self Care and Shopping Guide

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# PERSONAL HOLIDAY TIPS

## Holiday Favorites

During this time there are so many things to "do." Make sure you do the things you really love.

## Traditions

Embrace traditions that matter the most and don't be afraid to make new ones.

## Holiday Travel

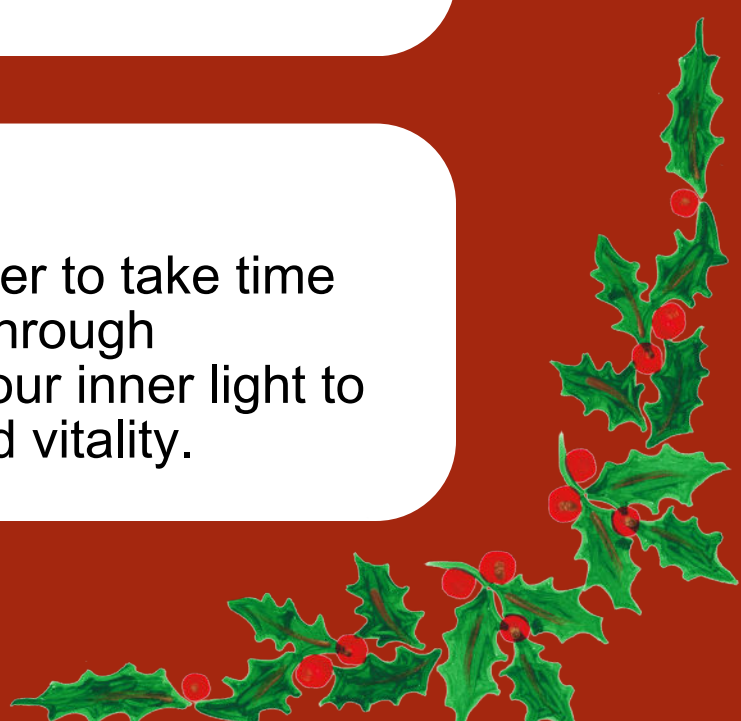
Set a budget and have emergency money set aside. Visit those you want to surround yourself with.

## Personal Care

Eat the items you want. This diet culture around the holidays has to stop. Enjoy all things in moderation.

## Self-Care Rituals :

During the holiday season, remember to take time for solitude and self-care, whether through exercise or other means. Nourish your inner light to shine forth with renewed energy and vitality.





*Journal and Writing Tools*

Some of my Favorites



Make a list



set a budget



Gift experiences vs. Things

# Self Care Shopping Tips



Set realistic expectations.



Set shopping days



Give from a cheerful heart.



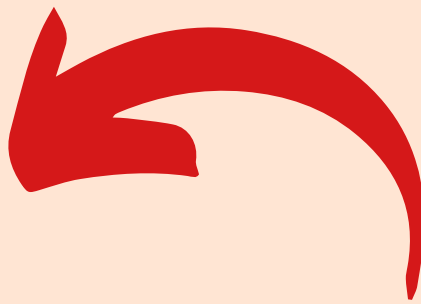
*Click on products to purchase.*

## Silk Coat Balm



**Kim's Favorite Products with**

# Kari skin



## Creamy Cleanser

*Don't forget about a facial.*



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*Family Care for families  
with kids.*



REMEMBER VALUES



TRADITIONS VS GIFTS



KEEP SCHEDULE



ADD PHYSICAL  
ACTIVITY



TAKE BREAKD



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Variety is the spice of  
life look for another  
option for facials and  
skin care with Face  
Founderie

[MORE INFO](#)

# HOLIDAY ACTIVITIES



DO WHAT IS BEST  
FOR YOU





# AMAZON SELF CARE ITEMS

#amazonpartner

#ad



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SELF CARE GIFTING

# KEY GIFT AREAS

The gift of time

Gift of rest/ rejuvenation

Gift of comfort

Gift of help

Gift of financial aid

#sleepphonespartner

#ad



# Gift of Sleep

Use SleepPhones to aid in good sleep. These make personal gifts or a gift to someone in their self-care journey with good sleep.

#targetpartner

#ad



# *Favorite Target Finds*

Target is one of my favorites here are some holiday finds that will help you along your way


#etsycreatorco

#ad



# Favorite Etsy Finds

Support small business owners while also getting unique gifts for your loved ones

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