

# MAKE EVERY DAY SPECIAL

**MINDFUL MONDAY** – FOCUS ON CALMNESS TO  
START YOUR WEEK

**TREATS TUESDAY** – WHY WAIT TILL THE WEEKEND  
TO HAVE THAT SPECIAL DINNER?

**WELLNESS WEDNESDAY** – TAKE TIME TO LOOK  
AFTER YOURSELF

**THANK YOU THURSDAY** – A DAY FILLED WITH  
GRATITUDE

**FIND THE FANCY FRIDAY** – TAKE EVERYTHING  
YOU DO UP TO THE NEXT LEVEL

**SEASONAL SATURDAY** – GO FORAGING, TRY SOME  
SEASONAL CRAFTING

**SCENTSATIONAL SUNDAY** – USE THE POWER OF  
SMELL TO MAKE THE DAY EXTRA SPECIAL