Daily Self-love CHECKLIST

	Start the day off by expressing gratitude
	Meditate or stretch
	Choose a healthy breakfast
	Go for a walk and breathe deeply
	Read a book
	Compliment at least one person today
	Challenge your negative self-talk
	Spend time journalling
	Let go out what you cannot control
	Set a goal for tomorrow

fionahurle.com/parkinsonsdisease