

# IAM

(It's About Me)

## 5 Day Challenge

This is a self-care challenge where, for 5 consecutive days, you find 15 minutes to make it about YOU!

There is evidence which shows that having quiet time helps to balance the busyness, allows time to focus and helps reduce stress. You deserve it!

Are you up to the challenge? Just a few moments a day.

Enjoy your quiet time and let me know your experience.

