

10 Day SoberGlow Tracker



“Self-care is how you take your power back.”

Today I feel

- Stretch & Manifest
- Morning Skincare Routine
- Daily Movement
- Evening Skincare Routine

Hydrate:



I am grateful for

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personal recommendations

Tel: 07909 528 902
@soberglowgetter



Keep glowing- you are building
something **beautiful** everyday



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“Discipline is the highest form of self-love.”

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"Healing is not becoming who you were, it's becoming who you're meant to be."

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*“You are your **home**. Take care of yourself like you **live there**.”*

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You are stronger than the things that try to dim you.

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***“Be proud of the woman
you’re becoming.”***

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*“Your **habits** create your **healing**.”*

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***“Every day you choose
peace over chaos, you win.”***

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*“Keep **glowing**- the world
needs your **light**.”*

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*“You didn’t come this far to
only come this far.”*

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