

Day 13: Invite Poetry into Your Life

On Days 5 and 7, we tapped into your creative side. You might still be wondering, how is art so essential to creating self-care for impact and sustainability? Art allows us to tap into our creative and FULL potential. It creates spaciousness from our daily habits and provides the opportunity to think differently and to discover new possibilities.



Today's Challenge

Even if you are not much of a poetry person, we bet there is one poem that spoke to you at some point! Rediscover that poem and read it out loud to yourself, your loved ones, and family. Got kids? Invite them to read it aloud with you. Can't think of a poem? Share some inspirational quotes!