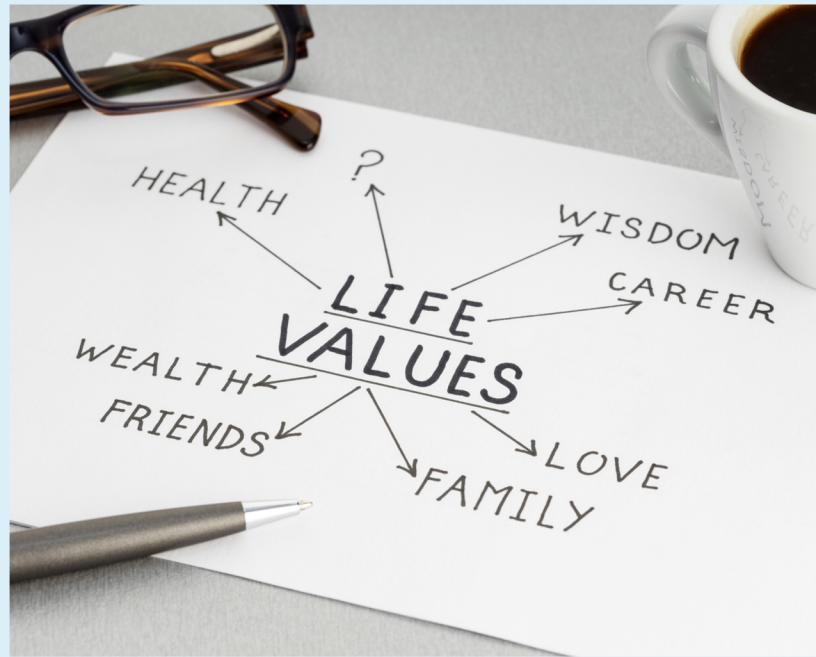


SPECIAL REPORT #4

7 WAYS TO CONNECT *Your Life to Healthy* VALUES AND GOALS



TABLE^{of} CONTENTS

The introduction to Selfcare

How to Practice Self care

Easy Self Care Routines

Self Care Products for Women

How to Manage Breakouts

Best Self Care Routines



How to Plan Healthy Meals

The Easy Guide to Meditation

How to Wake up early at 5am

How to Create good Habits

Guide to Sleeping 8-hours Daily

How to be your best self

Free Self Care Challenge



INTRODUCTION

hello!

This is where you tell your audience, readers or students who you are, how you started, your journey and what inspired you to create the e-book or workbook, whatever the publication is. It is also where you tell them about your experience and how long you've been in the industry. You tell them why you feel you have gained enough experience to be able to coach them or help them achieve the overall goal of this e-book, guide or handbook.

Best regards,

Kemela Martin



SELF-CARE *guide*

This space is where you add subheadings and explain them indepthly to your readers and audience. Breaking down your workbook sections and ebook mini sections into subsections will help you create a unique course material that is well explained and planned. Use this space, make each paragraphs long or short.



This space is where you add subheadings and explain them indepthly to your readers and audience.

This space is where you add subheadings and explain them indepthly to your readers and audience. Breaking down your workbook sections and ebook mini sections into subsections makes readability easier.





01. WHY SELF-CARE IS IMPORTANT

This space is where you add subheadings and explain them indepthly to your readers and audience. Breaking down your workbook sections and ebook mini sections into subsections will help you create a unique course material that is well explained and planned. Use this space, make each paragraphs long or short. This space is where you add subheadings and explain them indepthly to your readers.

This space is where you add subheadings and explain them indepthly to your readers and audience. Breaking down your workbook sections and ebook mini sections into subsections makes readability easier. Use this space, make each paragraph long or short. E-Books are valuable resources.



BEST SELF-CARE HABITS

This space is where you add subheadings and explain them indepthly to your readers and audience. Breaking down your workbook sections and ebook mini sections into subsections will help you create a unique course material that is well explained and planned. Use this space, make each paragraphs long or short .This space is where you add subheadings and explain them indepthly to your readers.

This space is where you add subheadings and explain them indepthly to your readers and audience. Breaking down your workbook sections and ebook mini sections into subsections will help you create a unique course material that is well explained and planned. Use this space, make each paragraphs long or short.This space is where you add



PRO TIPS

Add pro or quick tips here, make it a few words

SELF-CARE PRODUCTS

Recommendations



*This is where
you insert a
little title and
call to action*



*This is where
you insert a
little title and
call to action*



*This is where
you insert a
little title and
call to action*



*Wellness meal
and skincare,
you can shop
this product
using my links*



This space is where you add some texts explaining to your readers some of your preferred products or an explanation of the images you have listed up there. Make it simple.



JOIN 7- DAYS WELLNESS *Challenge*

This is where you add your call to action, it could be an invitation to a master class, a freebie, a paid course, coaching call, e-course or webinar. But this space is a space where you can promote your lead magnet, affiliate links, or drive sales to your products. Make this section enticing, memorable, no fluff, and above all, make it all about your audience problems

SIGNUP NOW

