



15 Days of Self-Care: Your Printable Pep Talk

A Pocketful of Peace,

Powered by
Voguegenics

Welcome to your daily reminder that you matter. This isn't fluff. It's 15 days of little rituals, mindset shifts, and quiet mic drops that remind you to protect your peace and prioritize your glow – from the inside out.




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DAY-BY-DAY PEP TALK

- ☐ **Day 1:** Drink water like it's a designer cocktail — make it pretty, make it yours.
- ☐ **Day 2:** Log out of the chaos. Social media will survive without your scroll.
- ☐ **Day 3:** Light a candle. Not for ambiance — for the ceremony of you.
- ☐ **Day 4:** Say “no” to something today. Practice makes empowered.
- ☐ **Day 5:** Write down three things that didn’t go wrong. Yes, didn’t.
- ☐ **Day 6:** Stretch like you're starring in your own slow-motion montage.
- ☐ **Day 7:** Curate a playlist that makes you feel like a 2000s rom-com main character.
- ☐ **Day 8:** Clean one drawer. That’s it. One. Let it be enough.
- ☐ **Day 9:** Unfollow someone who makes you feel “less than.” Yes, even her.
- ☐ **Day 10:** Take your vitamins. Even if one of them is chocolate.
- ☐ **Day 11:** Text someone “thinking of you.” That’s it. No small talk required.
- ☐ **Day 12:** Romanticize your lunch. Plate it like it’s being judged by Michelin.
- ☐ **Day 13:** Decline an invitation without guilt. RSVP: Self-Care.
- ☐ **Day 14:** Compliment yourself out loud. (Yes, OUT LOUD.)
- ☐ **Day 15:** Do nothing. No hobby, no improvement, no multitasking. Just be.



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DAY-BY-DAY PEP TALK

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Track your glow-up by checking off each completed day. This section is to jot down how you felt each day — because sometimes, noticing is the biggest flex.

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