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So, Recharge is my journey of self-care over the past ten years, put into a month-by-month self-care bible showing others how I did it and teaching others how they can take care of themselves for a MUCH happier and healthier life. At the end

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You of the day, the longest relationship we have in our life is with ourselves.

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Recharge can also mean that you spend time reconnecting with what you want in your life. It does not have to always be something unrelated such as watching a movie or taking a vacation. Recharging can also come in the form of reconnecting with your deeper self and

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~~10 Easy Methods How To Recharge Yourself For A Fresh Start~~

Recharge : a year of self-care to focus on you. [Julie Montagu] -- 'Among London's taut-buttocked set, the name Julie Montagu is talked about with the sort of reverence reserved for the Dalai Lama.' - Cosmopolitan
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Recharge +20% 15 minutes of
Yoga +40% Guided Meditation
+10% Watching TV.

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Deplete-65% Family
Functions-20% Going to
Work-35% Making Phone Calls.
Sometimes something that
would normally be depleting
to your self-care battery
like chores can recharge me
because a clean space makes
me feel so much better.
Therapy can also fall in
either category.

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Manifesting~~

Self-Care Tips for Parents:
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• May 13, 2020 2020 has been
a year of upheaval for all
of us, but with added
stresses including uncertain

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You finances, schools closing, and restless kids stuck at home, being a parent during this time can be particularly challenging.

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~~Recharge by Julie Montagu (2018, Hardcover) for sale~~

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As you prepare for the holidays and new year, fight the urge to tackle long to-do lists. Instead, take time to recharge and get the rest

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You need so you have energy to do the activities you enjoy. Recharge is one of eight focal points on the Circle of Health and is a valuable part of self-care.

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