

FIT TO READ – TOP 10 RITUALS FOR SELF-CARE QUIZ

1. What does self-care transform ordinary daily routines into? _____
2. What are the five pillars the writer considers for an inspired and passionate life?
_____, _____, _____, _____ and _____
3. What is the name of the science of what you wear influences the way you feel?

4. What is communing? _____
5. True or false: eating as local, seasonal and sustainable as possible is key. _____
6. True or false: deep breathing and focused concentration slows brain waves, making them more organized. _____
7. How many days a week of phone-fasting is first recommended? _____
8. What is a Ritualista retreat about? _____
9. Surround your home what things that make your home feel like a _____
10. Please provide a brief statement and tell us your experience with the article

Fit to Read is on a mission to educate, inspire, enlighten and change thoughts to healthier ones.

Read on!