

	FIRST MONTH	SECOND MONTH	THIRD MONTH
HEALTH	<p>Drink lots of water</p> <p>Eat lots of fruit and vegetables</p> <p>Take vitamins</p>	<p>Visit GP for 6 week check-up</p> <p>Go to Yoga once a week</p>	<p>Start Couch to 5K</p> <p>Get a massage</p> <p>Get 8 hours sleep</p>
ATTITUDE	<p>Write in a Journal</p>	<p>Birth Debriefing & Post-Surrogacy Counselling</p>	<p>Mindfulness Practice</p>
PASSION	<p>Spend time with family</p>	<p>Take kids to movies</p>	<p>Dinner with Partner</p>
PURPOSE	<p>Being kind to myself</p>	<p>Starting a new project</p>	<p>Planning our next holiday</p>
YOU	<p>Treat myself to a pedicure</p>	<p>Read my favourite magazine</p>	<p>Visit an Art Gallery</p>