

DAY 01
Make a playlist of songs that brighten your day and make you smile. See our meditation playlist on Instagram. [com/partylite](https://www.instagram.com/partylite)

DAY 02
Phones down! Go without scrolling for one day.

DAY 03
Go for a gentle swim

DAY 04
Enjoy a vanilla fruit smoothie. See our recipe video on Instagram

DAY 05
Top 5 tips to relax:

- Listen to music
- Stock up on chocolate
- Have a hug
- Pamper yourself
- Have a laugh

DAY 06
Go screen free & unwind for 30 mins before bed.

DAY 07
Relax and unwind with Laid Back Lavender Essential Oil in our Illuminescents Fragrance Warmer

WEEK 1
Relaxing




DAY 08
Start your day with a HIIT session to invigorate body and mind

DAY 09
Boost your mood with a delicious mandarin smoothie. Get the recipe on Instagram

DAY 10
Try a new hobby you've always wanted to start!

DAY 11
Spread some happiness to someone else's day. Give a shout-out on Instagram and tag 3 friends who make your day.

DAY 12
Wake up happy

DAY 13
Add some zing to your day with our new Mandarin & Jasmine fragrance, available as an Essential Oil or 100% Soy Candle

DAY 14
Walk in nature. An interactive Instagram story of a walk in the woods.

WEEK 2
Happy






PARTYLITE

1 MONTH OF BEING balanced

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Take the Challenge
March 2020

DAY 22
Join in Axel's yoga session on Instagram

DAY 23
Top tips to try today: Conscious Breathing | Stand Like a Tree | Attention on Your Heart | Mindful Walking

DAY 24
Unwind along with Michelle's ASMR video on social

DAY 25
Center with our healthy Honey and Lavender Berry smoothie recipe on our Instagram





DAY 26
Social media shout-out: Tag 3 friends who make your life more centred. Share the love!

DAY 27
Re-organise your sleep space to have a centred night's rest

DAY 28
Get back to your center, naturally with our 100% Soy Wax Cedarwood + Vanilla jar candle.

WEEK 3
Energising

WEEK 4
Centered

DAY 15
Lace up your shoes and go for a run!

DAY 16
Start a gratitude journal. Write down something you're grateful for today, and every day.

DAY 17
Start the day right- hydrate with lemon water BEFORE a healthy breakfast and coffee.

DAY 18
Get some pep with our energising green smoothie recipe on Instagram

DAY 19
Who gives you extra energy in tough weeks? Tag them in a social post!

DAY 20
Wake up without the snooze button and fit in a quick 10min exercise session

DAY 21
Give yourself a boost with Energising Eucalyptus Essential Oil + our Ultrasonic Diffuser

WEEK 3
Energising

