



OF KIN

DETOX & REBOOT

What creative date can you book in this week and what will it be?

What's one activity you can do offline and away from screens this week? You could visit a gallery, take a walk on the beach, get lost in your city and leave your phone at home. When will you do it?

What's something new that you have always wanted to try? When are you going to try it? Book it in today.

What area of your home or workspace could do with a little detox and clean out to start the year fresh? When are you going to spend some time clearing your space for more creativity, inspiration, productivity and play?

Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort. Deborah Day.