



GOODTM FAT LIFE



BRIGHTON
LIGHT
HOUSE

SPiRiT RiSiNG
YOGA & MEDITATION



RUTH KING STRATEGIES, LLC
Success Coaching for Female Entrepreneurs

HEALING SOULS, LLC



LONDON
beauty

YOGA
STRONG



The
Cocoon
HOLISTIC HEALING
& WELLNESS



925
WELLNESS



THE STATESIDE
DELI
LOCAL WISCONSIN



Dawn
Gaden
creativetoeconomicalliving.com



WILSON WELLNESS



Jeri Lea
KROLL
LMSW, IMY-ED

INTEN
SATI

EMPOWERED
BUMPS & BOOBS



YOUNG LIVING
ESSENTIAL OILS

Snedicor



HANDS ON HEALTH
CHIROPRACTIC

It is no secret that here in the Midwest, January, February, and March can be pretty cold, dark, and unmotivating when it comes to getting out and caring for ourselves. Snuggling down on the couch, binge-watching our favorite shows, and eating comfort food is easy.

We at Good Fat Life recognize our creature comfort nature and have created a self-care challenged design to inspire you to take at least one daily action for 60 days that supports your overall well-being. You must commit to spending 15 minutes a day for 60 days doing something supporting your self-care. Use the avocado tree to record your progress by coloring in an avocado and recording your action on the corresponding chart. We have 21 businesses supporting your success by hosting at least one pop-up event during the first quarter of the year that will be fun and inspiring and that you can do in the community. The schedule of events will be posted on GoodFatLife.com/events and at each participating company.

Actions to take to participate:

- 1) Make a commitment to give yourself a treat this winter
- 2) Go to goodfatlife.com to sign up and check out the schedule of events
- 3) After you have completed the 60 days, email a copy of your tree and the filled-in chart to Hily at Hily@GoodFatLife.com.
- 4) You will be entered into a drawing to receive fun, complimentary gifts to support you on your journey!

1. _____	22. _____	43. _____
2. _____	23. _____	44. _____
3. _____	24. _____	45. _____
4. _____	25. _____	46. _____
5. _____	26. _____	47. _____
6. _____	27. _____	48. _____
7. _____	28. _____	49. _____
8. _____	29. _____	50. _____
9. _____	30. _____	51. _____
10. _____	31. _____	52. _____
11. _____	32. _____	53. _____
12. _____	33. _____	54. _____
13. _____	34. _____	55. _____
14. _____	35. _____	56. _____
15. _____	36. _____	57. _____
16. _____	37. _____	58. _____
17. _____	38. _____	59. _____
18. _____	39. _____	60. _____
19. _____	40. _____	
20. _____	41. _____	
21. _____	42. _____	

