



SPECIAL REPORT #1



SELF-PRESERVATION

'A' FUNDAMENTAL INSTINCTUAL

DRIVE TO PRACTICE



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The introduction to Selfcare

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How to Wake up early at 5am

How to Create good Habits

Guide to Sleeping 8-hours Daily

How to be your best self

Free Self Care Challenge



INTRODUCTION

hello!

This is where you tell your audience, readers or students who you are, how you started, your journey and what inspired you to create the e-book or workbook, whatever the publication is. It is also where you tell them about your experience and how long you've been in the industry. You tell them why you feel you have gained enough experience to be able to coach them or help them achieve the overall goal of this e-book, guide or handbook.

Best regards,

Kemela Martin





SELF-CARE *guide*

This space is where you add subheadings and explain them indepthly to your readers and audience. Breaking down your workbook sections and ebook mini sections into subsections will help you create a unique course material that is well explained and planned. Use this space, make each paragraphs long or short.



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01. WHY SELF-CARE IS IMPORTANT

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BEST SELF-CARE HABITS

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PRO TIPS

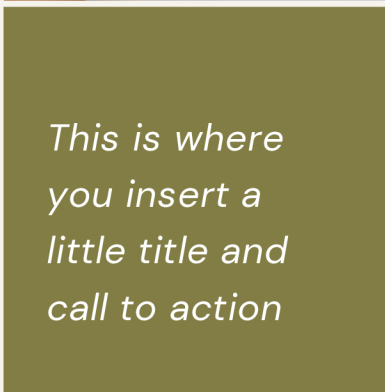
Add pro or quick tips here, make it a few words

SELF-CARE PRODUCTS

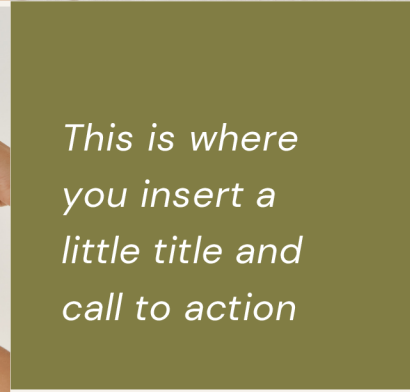
Recommendations



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little title and
call to action*



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JOIN 7- DAYS WELLNESS *Challenge*

This is where you add your call to action, it could be an invitation to a master class, a freebie, a paid course, coaching call, e-course or webinar. But this space is a space where you can promote your lead magnet, affiliate links, or drive sales to your products. Make this section enticing, memorable, no fluff, and above all, make it all about your audience problems

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