**Complementary Blog Post: How to Start Self-Care**

**Subject:** Want to know how to get started with self-care?

{Hi Firstname}

Now you know the benefits self-care can deliver and the mistakes to avoid, it’s time to get started. However, before you jump in, it’s useful to follow a few basic guidelines.

There are some tips you’ll want to utilize if you want to get the most from your self-care routine. With so many different areas to focus on, it can be tough figuring out where to start.

In today’s post, I’ll reveal some of the best ways to get started with self-care. If you want to ensure your self-care routine is effective, you’ll want to check out this blog.

LINK

I’ll show you why focusing on the most important tasks first can be most effective. You’ll also learn the benefits of scheduling self-care into your calendar and some top things to avoid.

Don’t miss out on this useful post!

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