

Koco's A-Z Self-Care



A - AWARENESS

B - BUY YOURSELF
SOMETHING

C - CLEAN

D - DANCE

E - EXPLORE

F - FUNNY MEMES

G - GRATITUDE

H - HYDRATE

I - INDULGE

J - JOURNAL

K - KOCO TIME

L - LISTEN TO MUSIC

M - MEDITATE

N - NOSTALGIA

O - ORGANISE

P - PAMPER

Q - QUIET TIME

R - ROUTINE

S - SLEEP

T - TEA

U - UNWIND

V - VITAMINS

W - WORKOUT

X - XXPRESS
YOURSELF

Y - YOGA

Z - ZONE OUT

