

Baby's Got Back

Start holding yourself accountable for the time and effort you put in to your most important relationship—the one you have with yourself. Be a good girlfriend, to **you**.

This week, keep track of everything you do for you and post your list on Insta with #ThePracticeGirlz and #DoThisThing. Tell us how good it feels when you start doing for yourself what you've been begging others to do for you. Trust me, that's love.

This week, I loved myself by...

