

ENJOYING DEEPER CONVERSATION
WITH GOD



MY PRAYER
JOURNAL





My 5-Minute Nail Care Routine



- ✦ Glass file once a week (gentle one-direction filing)
- ✦ Cuticle oil – morning + night (a drop on each nail)
- ✦ Gloves for dishes, cleaning, and gardening
- ✦ Push back cuticles gently (wooden stick, never cut)
- ✦ Weekly nail mask (coconut oil + vitamin E, 10 minutes)

*Small habits. Stronger nails.
Be patient with yourself.*