

## Dewy Drops

How did drinking more water affect your energy or mood this week?

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Is anything getting in the way of staying hydrated right now?

Describe a moment where you remembered to drink water and felt proud. Why did it feel good?

If your body could send you a thank-you note for the care you've given it lately, what would it say?

Small Sips, Steady Growth



Little drops, big difference.

## Dewy Drops

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Small Sips, Steady Growth



Hydration isn't just health. It's a quiet act of care.

Reflections

## Dewy Drops

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Small Sips, Steady Growth



Every sip is a step toward energy, clarity, and the care you deserve.