

Self Care #1 - Set an intention

- Before you get out of bed, decide what kind of day you want to have
- Make a deliberate, conscious decision about how you want to create your day
- Remind yourself throughout the day of your intention

Self Care #2 - Be true to yourself

- Live Life to the Full
- Do what feels right to you, not what someone else thinks you should do
- Get in the habit of pleasing yourself. You are responsible for your own happiness
- You own your happiness

Self Care #3 - Celebrate your successes

- Even the small ones.
- Don't wait for perfection
- Remind yourself of your family, friends, pets, job, school, kids, grandchildren, hobbies ... the list goes on!

Self Care #4 - Don't take things Personally

- Avoid personalizing
- What others may vocalize are their opinions.
- Often someone's actions or comments are related to something they are experiencing

Self Care #5 - Stop comparing yourself to others

- You are not supposed to be like anyone else. You are you.
- You are the only one who can be you. Your perspectives, gifts and value are exclusively yours.

Self Care #6 - Learn something new

- Become an expert
- Get curious and learn something new
- Learning is growing

Self Care #7 - Spend time with supportive, uplifting people

- Surround yourself with people that add value to your life
- People that make you laugh, and smile
- Try to remove people who tear you down

Self Care #8 - Be grateful

- There is so much to be grateful for
- Write down ten things you are grateful for each day
- What are you grateful for right now?

Self Care #9 - Do something physical

- Exercise
- Get outside
- Chores
- Play

Self Care #10 - Personal Time and Reflection

- Make time for down time
- Look in the Mirror
- Prioritize
- Mindfulness, Meditation
- Daily affirmations
- Love yourself