



A HUMAN'S GUIDE TO SELF-CARE



A TAKING CARE OF YOU GUIDE TO AWESOMENESS

1. THINK GOOD THOUGHTS

Thoughts matter. We become what we think, so pick the good ones! Keep a journal for all of your thoughts, no matter how big or how small. Every thought matters, and we bring into existence what we put out into the world.

2. PRACTICE GRATITUDE

List 5 things you are grateful for each day. There is always something to be grateful for, such as having air to breathe or puppies with wagging tails.

Sometimes, simply acknowledging what we take for granted can raise us to a level of new level of peace.



3. TAKE CARE OF YOUR BODY

Get moving! Walk, run, bike, swim... there just so much you can do! Our bodies work hard to support us every day, and we must do what we can to support them. Also, sleep well and eat healthy.

4. FIND YOUR TRIBE

We need each other to help us journey through life. Pick those who support you in the way that is most comfortable and affirming. It's okay to be picky! Pick the people (and animals) that help you find your sparkle.

5. BE MINDFUL

Find time during your day to be silent, whether in meditation, imagination or prayer. Inviting our minds to rest provides us with the strength to evolve in the most creative and empowering ways as we journey through life.

