

I look after myself well

I look after my body

1. I eat foods that help me feel good and give me the energy I need
2. I have a balanced and nutritious diet
3. I exercise for 30 minutes + a day, breaking it into smaller segments or taking time to build up to it if I need
4. I check in with my doctor once a year for a health check
5. I keep well hydrated and drink the water that my body needs
6. I utilise professionals that can help me look after my body (such as podiatrist, dentist, personal trainer, nutritionist, naturopath, massage therapist, osteopath or physio)
7. I stretch my body in a way that feels good for me
8. I rest when I need to
9. I treat my body with the love & care it deserves
10. I join a gym or take a class such as Yoga, Pilates or Dance

I make sure I get enough sleep

1. I have a mattress & pillow that supports my body well
2. I turn off my devices at least an hour before bed
3. I take deep breaths or meditate before going to sleep
4. I allow enough time to get the sleep I need
5. I use relaxing essential oils in a diffuser
6. I speak to my doctor when things don't feel right or if what I'm trying isn't working
7. I take notice of what I need to sleep well
8. I talk about my worries & concerns with someone I trust & who I know will support me well

I honour my emotions

1. I take time to listen to my emotions & see what they are telling me
2. I cry when I need to
3. I speak up about how I am feeling
4. I write things down to help me make sense of things
5. I create healthy boundaries & take care of myself as a top priority

I strengthen my mind

1. I open myself to learning & trying new things
2. I take time to read & do puzzles that stimulate my mind
3. I expand on my knowledge & am open to seeing things in a different way
4. I listen to others with curiosity & take time to sit with information to give myself time to truly understand

I love myself for who I am

1. I appreciate my uniqueness
2. I speak & act kindly towards myself
3. I treat myself with love & respect
4. I show the world who I truly am
5. I trust myself to make decisions that are right for me

