

# TOP 10 *self-care* TIPS

- 1. Accept that you are number 1!**  
Without YOU there is no spouse, parent, manager or colleague. Believe it or not, you are distinct from your roles. It's time to participate in your life.
- 2. Simplify your life.**  
Look at everything you do (tasks, activities) and everything you have (stuff) and start eliminating.
- 3. Set your priorities and live by it. Everything is a choice.**  
When you know what you stand for it's easier to make decisions and enjoy your life.
- 4. Learn to say "NO".**  
*"No. Not today. It's not going to happen. I choose not to."*  
Let go of guilt and take back your power.
- 5. Eliminate energy drains.**  
You are probably tolerating too much. Is it the crack in your windshield or a rocky relationship? Deal with it. By doing so, you are creating energy to put towards the things you want in your life.
- 6. Your body is your temple.**  
Honor it. Respect it. Love it - through active living, conscious consumption and mindful maintenance.
- 7. Care for your soul. Schedule quiet time for YOU.**  
Quiet time in your favorite place allows you to restore needed energy. Use it to keep a journal, read, pray, listen to music, meditate, soak in a tub or just be. What works for you?
- 8. Plan for fun, pleasure and adventure – especially if you don't have time.**  
Be it the movies or the next mountain climb, what are you looking forward to?
- 9. Install support systems.**  
In order to sustain self-care, install support systems to share your journey and shore up your weaknesses. Don't hesitate to ask for help. It's a sign of strength.
- 10. Come into the present moment.**  
It is all you ever have. The past is done. Fulfillment will not be found in the future. Accept the present and work with it.