

Ways to nurture your inner self

Which fit best into your life?

- Paint without expectations**
- Explore aimlessly**
- Wander in nature**
- Create a vision board**
- Create a collage of things that bring you joy**
- Try something new, and allow yourself to be 'bad' at it**
- Write a letter of compassion or gratitude to you past self**



Ways to live with mindful intention

Which fit best into your life?

- Take time to reflect and check in on yourself**
- Release old ideas, beliefs, and limits that no longer serve you**
- Create and maintain personal boundaries**
- Be compassionate toward others**
- Understand and prioritize your needs**
- Treat yourself with love and kindness**
- Practice gratitude**
- Allow yourself time to rest**

Ways to Self-Soothe

Which fit best into your life?

- Listen to a guided meditation
- Doodle flowing abstract shapes
- Focus on breath
- Snuggle up in a cozy blanket
- Take a warm shower or bath
- Drink your favorite warm tea



Release guilt from

Which fit best into your life?

- Moving on
- Saying "no"
- Being sensitive
- Making mistakes
- Taking time to rest
- Asking for or needing help
- Maintaining personal boundaries



Healthy Bedtime Habits

Which fit best into your life?

- Enjoy a non-caffeinated tea
- Stretch & hydrate
- Wash & moisturize face
- Journaling
- Meditate
- List 3 objectives for the next day
- Tidy space

Ways to boost your mood

Which fit best into your life?

- Enjoy a walk
- Meditate
- Fitness & yoga
- Declutter space
- Journaling thoughts
- Sing to music in your car
- Get some fresh air & sunshine

Protect my peace

Which fit best into your life?

- Avoid social media
- Declutter space
- Rest & hydrate
- Journaling thoughts
- Meditate, Fitness & yoga
- Put your phone on silent
- Get some fresh air & sunshine
- Watch cute animal videos

Things I'm still learning

Which fit best into your life?

- Gratitude brings joy
- Struggling isn't failure
- Nurturing self compassion
- Focusing on the good helps
- Growth also comes in stillness
- Time to recharge is vital for productivity