

Self-Care

1. I take good care of myself each day.
2. I eat protein, fruits and vegetables, and drink water.
3. I walk and exercise.
4. I go to sleep early.
5. I am kind, loving and compassionate with myself.
6. I don't take myself too seriously. I have a good sense of humor, finding the humor in life, and opportunities to laugh.
7. I do my shadow work, remove my malevolence, growing in character and evolve in consciousness.
8. I have compassion for myself and others.
9. I speak the truth, not hedging the truth, or speaking in half-truths. I say what I mean in a respectful way.
10. I have serenity to accept what I can't change. I accept I can't fix, change or control people.
11. I accept that some people are hyper-competitive, desperate to succeed.
12. I accept that *hurt people, hurt people* – and *healed people, heal people*.
13. I accept I can't make people like, love or appreciate me, or get them to acknowledge me. I like, love and appreciate myself.
14. I seek to associate with healthy, kind, wise people.
15. I seek healthy, positive media.
16. I make my bed, straighten and clean my place of living.
17. I create pleasantness in me and my environment.
18. I meditate and take time for solitude. In quiet times of reflection and contemplation I open myself to meaningful, wise, creative ideas.
19. I give myself a treat and am good to myself.
20. I remain calm. With serenity, I maintain composure even in trying situations.
21. I acknowledge others, noticing and appreciating their contributions to my life.
22. I open my heart, allowing others inside my heart space, having compassion, empathy and loving-kindness for them.
23. I do something consciously and intentionally to feed my creative spirit.
24. I welcome change, asking myself what new opportunities this unexpected change will create.
25. I let go of what no longer enriches my life. I release the past and begin anew.
26. I do something new, seeing all it takes is one small step to launch a whole new set of possibilities in my life.
27. I express my gratitude to the Creator-Creation-Universe, Sun, Earth and Life for my blessings and good fortune.
28. I practice healthy, happy, grateful living 😊