



Listen to Yourself

When you feel like you have always known what was best for yourself, but you didn't listen to your gut. Start to strengthen the trust you have within, begin to listen to yourself more, and question yourself less. Pay attention to the sign you may physically receive from your body. Learn to respect what they are telling you. Honor your feelings. If something doesn't feel right, don't do it.



Ask for Help

Humans are communal beings, so don't feel discouraged if the task at hand feels too much for you to handle. It may be, and it is always okay to seek out the recourses you may have around you. This will help alleviate some of the burden you may care about, all while allowing other to show good faith, and make you feel valued in the process!



Priorities

We can't do it all, and we often try. It is important to realize which items on our agenda should be given more focus. We may accomplish a lot, but if they are not what we wanted, we could find we have been taking the easy route. It is important to understand each goal will take a different amount of time, focus, and energy. You can analyze them and find the order in which you would feel best benefits the sum of the whole!



Your Body

Our body is our temple, it is the only one we get. We must take care of it, as we will need it in its peak form to make our obstacles less challenging. Exercising, eating well, and sleeping well are some of the essentials of self-care. Do more than the basics when it comes to you, you should go the extra mile. Create pleasant experiences for your body, and don't forget to treat yourself!



Speak Up

All too often we see others crush their dreams because they were too afraid to express themselves. Don't do this to yourself. Always be honest and don't be a yes man, if it means saying no to yourself. Don't be afraid to express yourself out loud. If it is heard by others it could allow them to feel comfortable enough to share with you what their dreams are!



Be Around Those You Love

We must surround ourselves with those who make us smile. Feeling good is good for us, and those we love should know how to bring that joy to us. It can be a family member, friend, pet, or even your favorite actor or movie star. Keeping good company that makes us happy and supports and loves us, is a great form of self-care. We find it more comfortable to uplift ourselves if the ones around us are also willing to do so!