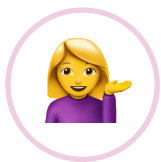




THE 5 PILLARS OF SELF-CARE

TO THRIVE IN LIFE & BUSINESS



1. Know yourself and your worth.

- What do you want the story of your life to look and feel like?
- What fears are holding you back from following your heart and pursuing your dreams?
- Do you block yourself from getting what you want and self-sabotage out of fearing that you don't deserve it?
- Do you feel like you're not as good as her.



2. Feel it to heal it. Slow down and realign with yourself.

- When you're feeling stressed, anxious, depressed, take a minute for yourself.
- Let all of the scattered and chaotic thoughts settle for a minute.
- Where do you feel the anxiety in your body?
- What is the root of this fear?
- What thought would better serve you here?
- Get your journal out if you need to.



3. Be a team player. You're not alone.

- The Universe has your back and wants you to grow and be the best version of you.
- When a challenge arises or you feel like things are totally out of control, how can you change the direction of your thoughts and feelings?
- Ask for guidance. Ask the Universe for a sign, help, guidance.



4. Forgive yourself fast and then move forward with grace.

- Beating yourself up doesn't do you any good.
- You will make mistakes, and you'll learn.
- Forgive yourself for making a mistake and then look to the next inspired action to take to move forward and stay on path.



5. High vibe maintenance.

- Invest in yourself. Invest in experiences that make you feel good on all levels.
- Protect your energy and be intentional about how you spend it and with whom