

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

