



## ABC's of Self-Care

*excerpt from Embracing the Magic Within*

- A** – Always do your best
- B** – Boundaries are necessary
- C** – Cocoon as needed
- D** – Don't take things personally
- E** – Everything is energy
- F** – Forgive yourself and others to free yourself
- G** – Give thanks
- H** – Honor your emotions
- I** – Invest in you
- J** – Just breathe
- K** – Kindness matters
- L** – Love yourself fully
- M** – Minimize effort while maximizing results
- N** – No is a full sentence
- O** – Organize and simplify your life
- P** – Practice self-care
- Q** – Quiet your mind and meditate
- R** – Relax and restore your spirit
- S** – Strive for balance
- T** – Thrive and do more of what you love
- U** – Unwind from the tensions of the day
- V** – Voice your desires
- W** – Wellness for physical health and mental/emotional well-being
- X** – eXempt and eXcuse yourself from negativity
- Y** – You matter
- Z** – Zap the doubt and fear

