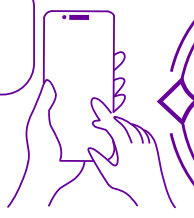


# 50+ EVERYDAY WAYS TO HAVE YOUR OWN BACK

**SHOW UP FOR YOURSELF**  
WHAT'S ONE STEP I CAN TAKE TODAY TO SHOW UP FOR MYSELF?

## DIGITAL LIFE & SOCIAL MEDIA



UNFOLLOW ACCOUNTS THAT TRIGGER COMPARISON

PUT AFFIRMATIONS AS PHONE WALLPAPERS

INVEST IN MYSELF & MY DREAMS WITH A COURSE, A BOOK, A TOOL, A HOLIDAY, A TREAT

PHONE FREE TIME EACH DAY

MUTE GROUP CHATS THAT DRAIN ME

TELL MY PARTNER/FRIEND WHAT I ACTUALLY NEED INSTEAD OF EXPECTING THEM TO READ MY MIND

MAKING THE RELATIONSHIP WITH MYSELF THE MOST MEANINGFUL ONE & TREATING MYSELF LIKE THE QUEEN I AM

LISTEN TO MY ♥ & INNER COMPASS: IS MY LIFE IN ALIGNMENT WITH MY DREAMS & VISIONS?

DO THINGS THAT FEEL LIGHT & ARE FUN

TRY SOMETHING NEW: A CLASS, HOBBY, FOOD, ROUTE TO WORK, HAIRSTYLE ...

ALLOW MYSELF TO CHANGE DIRECTION INSTEAD OF HOLDING ON TO SOMETHING THAT DOESN'T FEEL RIGHT ANYMORE

BEING AWARE OF MY UNIQUENESS: THERE IS ONLY ONE OF ME IN ALL OF TIME, MAKE IT COUNT!

ALLOW MYSELF TO DREAM BIG!

SAY OUT LOUD WHAT I REALLY WANT OR NEED EVEN WHEN MY VOICE SHAKES

INVEST 10 MINUTES INTO MY DREAM INSTEAD OF WAITING FOR THE PERFECT FREE DAY

HAND ON HEART: "I'M SAFE, I'M HERE, I'VE GOT ME"

BE MORE GENTLE WITH MYSELF: WHAT DOES THAT LOOK LIKE IN MY BODY?

LISTEN TO AND PRIORITISE MY BODILY SENSATIONS: THIRST, HUNGER, IN NEED OF A BREAK OR MOVEMENT

## SOCIAL LIFE, BOUNDARIES & RELATIONSHIPS

## DREAMS, CREATIVITY & "FUTURE ME"

## BODY, ENERGY & MOVEMENT

## EMOTIONS, THOUGHTS & WELLBEING

## WORK, CAREER & AMBITION

## TIME & PLANNING

## MONEY, RESOURCES & SELF-RESPECT



PRACTICE SAYING "THANK YOU" WHEN COMPLIMENTED, WITHOUT EXPLAINING IT AWAY

ASK FOR FAIR PAYMENT OR RAISE FEES

AWARENESS CREATES CHOICE

TELL A FRIEND, "I'M AT CAPACITY, CAN WE TALK ANOTHER DAY?"

DON'T JUDGE MYSELF FOR MY NEEDS (NO MATTER IF ANYONE ELSE UNDERSTANDS THEM)



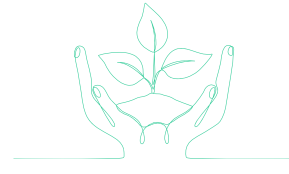
LET MYSELF BE DISAPPOINTED WITHOUT IMMEDIATELY FORCING GRATITUDE

KEEP A COURAGE LOG: "TODAY I WAS BRAVE WHEN..."

CHOOSE WHAT TRULY NOURISHES ME - FOOD, CONVERSATIONS, BOOKS, & SPACES THAT LEAVE ME FEELING ENERGISED, NOT DRAINED

CHOOSE FOOD THAT MY IBS / SENSITIVE GUT CAN HANDLE, EVEN IF OTHERS TEASE

## FOOD & NOURISHMENT



HIGH-FIVE MYSELF, PAT MYSELF ON THE BACK, HUG MYSELF

TALK TO MYSELF KINDLY AFTER A MISTAKE

PACK A SNACK FOR A LONG DAY SO I DON'T END UP SHAKY AND STARVING



TIDY ONE SMALL AREA INSTEAD OF ATTACKING THE WHOLE HOUSE AT ONCE.

A SPECIFIC MUG, PEN, OR RING I USE ONLY WHEN WORKING ON MY DREAMS

CREATE A TINY "POWER CORNER" WITH A CANDLE, QUOTE, & NOTEBOOK

PREPARE MY BAG OR CLOTHES THE NIGHT BEFORE TO MAKE TOMORROW EASIER.



## HOME, RITUALS & ENVIRONMENT

WASH MY FACE AND BRUSH MY TEETH EVEN WHEN I'M EXHAUSTED

ALLOW MYSELF TO CHANGE MY MIND, MY PATH, MY PURPOSE, AS LIFE IS NOT A LINEAR PATH, LIFE IS CHANGE

WRITE A MINI COMIC STRIP OF MY LAST SELF-DOUBT EPISODE WHERE I WIN IN THE END

EXPLORE MY STRENGTHS AND SKILLS WITH CURIOSITY

KEEP A "BRAG FILE" OF MY WINS, TESTIMONIALS, KIND MESSAGES

SHARE ONE IDEA IN A MEETING INSTEAD OF STAYING SILENT

HIT PUBLISH/SEND ON SOMETHING 80% DONE INSTEAD OF PERFECT

ASK FOR HELP INSTEAD OF SILENTLY DROWNING

SAY NO TO THE EXTRA PROJECT MY BOSS WANTS ME TO TAKE ON BECAUSE I'M ALREADY AT CAPACITY

CANCEL PLANS BECAUSE I FEEL I'M COMING DOWN WITH SOMETHING

GO TO BED INSTEAD OF WATCHING ONE MORE EPISODE.

BOOK A DOCTOR'S, DENTIST'S, PHYSIO, COUNSELLOR APPOINTMENT TO TAKE CARE OF MYSELF



SWAP A HARDCORE WORKOUT FOR GENTLE STRETCHING BECAUSE I'M EXHAUSTED, NOT LAZY

LISTEN TO MY BODY'S EARLY WHISPERS, NOT JUST ITS SCREAMS

LEAVE THE HOUSE 10 MINUTES EARLIER SO I DON'T START THE DAY IN PANIC

SCHEDULE 'NOTHING TIME' AND PROTECT IT

CHOOSE ONE PRIORITY FOR THE DAY INSTEAD OF 17

GIVE MYSELF A SLOW MORNING AFTER AN EMOTIONALLY HEAVY DAY

LIST "ENERGY LEAKS" & "ENERGY CHARGERS" & CHANGE 1 THING PER WEEK

10 MINUTE MORNING RITUAL BEFORE CHECKING MY PHONE

