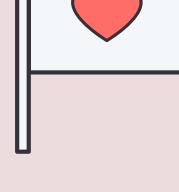




## 5 TIPS FOR SELF CARE WITHOUT GUILT



### What does self-care mean to me?

Self-care means different things for different people. Invest a little time and explore what it means for you. Avoid comparison with others, this is self sabotaging and will do more harm than good.

**Tip:** Write a JOY list! It's underneath



### What do I want from my self-care?

Again, this means different things for different people. Some people want inner peace and calm, others want a sense of connection with themselves. There is no right or wrong answer, it's up to you.

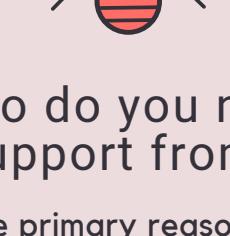
**Tip:** What do you want to feel more of each day?



### JOY list

I love this! Grab yourself a journal or notebook and write down all the things that bring you JOY. It could be walking the dog, enjoying a cup of tea or reading your favourite blog. This list will provide you with inspiration for all kinds of self-care.

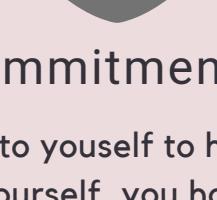
**Tip:** Aim to write down at least 25 things that bring you JOY & review it regularly



### Who do you need support from?

One of the primary reasons self care can elude people is that they don't have the support of others in their home or life. If you want to start prioritising yourself, you can't always do it alone. Who else needs to support your self-care?

**Tip:** Put a date in the calendar for the conversations you may need to have to support your self-care



### Make a commitment to yourself

Make a commitment to yourself to honour your self-care. By

honouring it in yourself, you honour it in others and

encourage them to also do the same: care for themselves.

What are 3 small acts of self-care and self-kindness that you can commit to this week?

**Tip:** What goes around, comes around. Lead yourself first to lead & serve others

Ready to invest in yourself, your career and your future?  
I'd love to work with you

*email: liz@empoweredleader.com.au*