

Which fit best into your life?

# Ways to Self-Soothe

- Listening to a guided meditation
- Doodling w/o expectations
- Focusing back on your breath
- Snuggling up in a cozy blanket
- Taking a warm shower or bath
- Drinking your favorite tea

Which fit best into your life?

# Ways to live with mindful intention

- Taking time to check in with yourself
- Releasing limiting beliefs that no longer serve you
- Creating and maintaining personal boundaries
- Being compassionate toward others
- Knowing and prioritizing your needs
- Treating yourself w/ love and kindness
- Practicing gratitude
- Giving yourself time to rest
- Releasing judgments about yourself
- Allowing space for your emotions

Which fit best into your life?

# *Ways to nurture your inner self*

- 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**