

Which fit best into your life?

Release guilt from...

- Moving on
- Asking for help
- Outgrowing past versions of yourself
- Maintaining your boundaries
- Saying "no"
- Being sensitive
- Making mistakes
- Taking time to rest
- Communicating your needs

Which fit best into your life?

Healthy bedtime habits

- Enjoy non-caffeinated tea
- Stretch and hydrate
- Wash and moisturize your face
- Journal stream of consciousness thoughts
- Meditate
- List three tasks to complete the next day
- Tidy up your space
- Watch ASMR relaxation videos
- Unwind with a book

Which fit best into your life?

Ways to boost your mood...

- 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