



## SELF CARE TIPS

1. Commit to start NOW
2. Overcome your weaknesses
3. Start a new routine
4. Surround yourself with positivity
5. Exercise
6. Visualize your plan
7. Set your goals
8. One at a time
9. Be grateful
10. Don't be so hard on yourself

PUSH YOURSELF

• NO ONE IS GOING TO DO IT FOR YOU •