

SELF-CARE FOR AN EXTRAORDINARY LIFE



Self-care is not frivolous; it's absolutely essential to an incredible life. When you fill your cup first, you can give to others authentically and deeply. Use these tools and start noticing the miracles that appear in your life.



JOURNALING: Spend 5–15 minutes every morning freewriting what's on your mind and setting an intention for the day.



MORNING MEDITATION: Start with one minute and build your way up. You might love it, and you'll likely feel massive shifts.



ALIGNED EXERCISE: Find exercise that's truly enjoyable, invigorating, and relaxing for you. Practice regularly, if not every day.



MASSAGE: Ask your partner or a friend to give you a shoulder massage or make an appointment with your favorite masseuse.



BATH: Take a hot bath a few times a week to pamper yourself and engage the relaxation response in your nervous system.



HOT TOWEL SCRUB: Fill your sink with hot water, dip a washcloth in, wring it out, and scrub your body firmly in gentle circles. Always make circles toward your heart and go lightly near sensitive areas.



DRY BRUSHING: Using a natural bristle brush, start at your feet and brush dry skin in quick upward motions. This greatly improves circulation and drains lymphatic fluid (the root of water retention).



OIL MASSAGE: Before you shower, massage your entire body with coconut oil to protect your skin from the drying and draining effects of hot water.



PAMPERING: Schedule manicures, pedicures, hair appointments, facials, or whatever primping activities you like to partake in for the next six months – you'll feel like a new woman.



CLOSET PURGING: Invite a friend over and go through your closet and drawers together. Throw away the things that you haven't worn in the past year and/or that don't make you feel fantastic. You should open your closet to clothes that make you feel amazing. (Yes, this includes undergarments!)