

Recognize the ways you HAVE demonstrated love of yourself - body, mind and heart.

Seeing even 2-3 of these shifts us out of the New Years lack mentalities, where we feel we aren't doing enough, and then build stories that tell ourselves we therefore AREN'T enough. The beautiful truth of who you are is so beyond any doing, or not doing. Yet when we are lost in thoughts of lack, we are lost to love.


May these help you celebrate the ways you HAVE shown up for yourself today and to help you see that even with one of these you ARE demonstrating love of your body, mind and self. Let this build upon itself where you are liberated from lack mentalities, and instead operate from inner abundance, and are moved and inspired to take natural steps to continue demonstrating love and care for body, mind and heart.


 DID YOU...


- GET BREAKFAST MADE FOR YOU, OR THE FAMILY AND KIDS
- GET THE KIDS OUT THE DOOR
- GET YOURSELF OUT THE DOOR
- TAKE YOUR PETS FOR A WALK
- TAKE YOU FOR A WALK
- HYDRATE AND DRINK WATER
- TAKE A STEP OUTSIDE (IF YOU WORK FROM HOME, YOU KNOW WHY THIS ONE MADE IT ON HERE, HAH)
- SMILE AT SOMEONE TODAY
- LAUGH WITH SOMEONE TODAY
- SEE SOMETHING IN NATURE - A TREE, THE SKY, A SQUIRREL, A LEAF
- EAT A VEGETABLE
- NOURISH YOUR BODY WITH SOMETHING DELICIOUS
- NOURISH YOUR BODY WITH SOMETHING NUTRITIOUS
- WALK DOWN THE BLOCK
- TAKE ONE SINGLE DEEP BREATH


- BUY GROCERIES TO NURTURE YOURSELF AND FAMILY
- SEE FRIENDS SHARE A MEAL WITH SOMEONE
- ENJOY SOME FRESH AIR
- LISTEN TO MUSIC YOU LOVE
- HEAR A PODCAST THAT INSPIRED YOU
- SEE OR READ SOMETHING THAT MOVED YOU
- DO A PRACTICE OF ANY KIND
- ADMIRE SOMEONE FOR QUALITIES THEY HAVE - KINDNESS, A SMILE, THEIR ENERGY
- TAKE A SUPPLEMENT OR VITAMIN
- CALL A FRIEND
- HEAR A THOUGHT IN YOUR MIND, EVEN IF IT'S NOT A THOUGHT YOU WISH WEREN'T PRESENT, BUT KNOWING THE PRESENCE OF IT IS WITNESSING IT
- TAKE A BATH OR SHOWER
- TAKE BREAKS AT WORK
- GIVE A HUG TO SOMEONE
- SET A BOUNDARY WITH SOMEONE TODAY
- TELL SOMEONE YOU LOVED THEM TODAY


WHAT ELSE DID YOU DO - BIG OR SMALL - MAKES NO DIFFERENCE.
THIS IS NOT A POINT SYSTEM


 _____

 _____

 _____

 _____

 _____

 _____

HAND ON YOUR HEART, TAKE A MOMENT TO SEE YOURSELF, AND TO THANK YOURSELF.