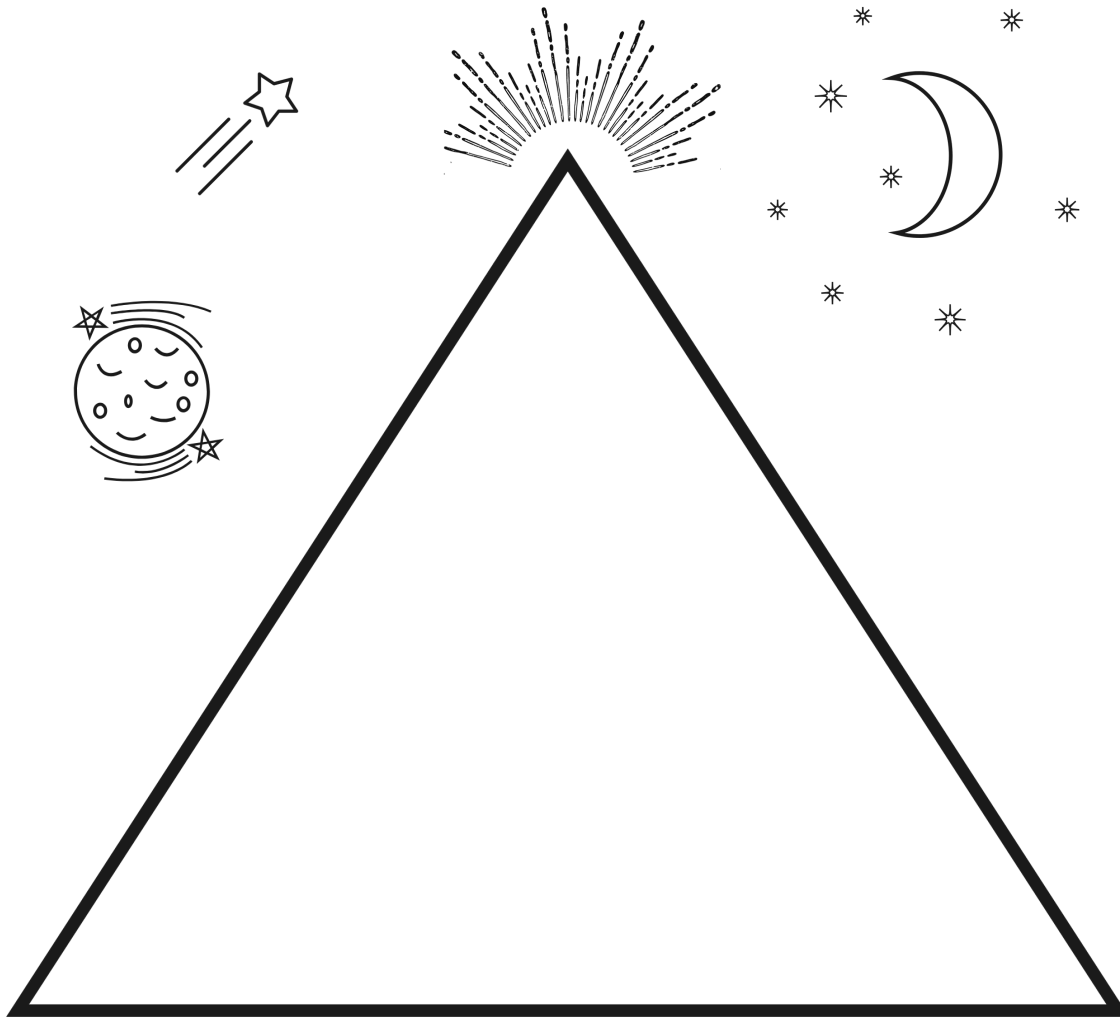


My Self Care Manifesto



HOW TO CREATE A SELF-CARE PLAN TO GUIDE YOUR HAPPY HEALTHY NEW YEAR



1. Identify your word of the year.

It can be helpful to have a single word that describes how you most want to feel or act in the New Year. Your word can act as sort of a mantra or guide when you feel a little lost.

2. List the things you do when you are your happiest + healthiest.

3. Fill out and display your self care manifesto.

Divide your pyramid into sections, one for each of your self-care action steps plus one at the top for your word of the year. If you can identify a hierarchy to them (e.g. "when I exercise, it's easier for me to eat well") be sure to put the supporting step below the others.

I've also left a little space under your pyramid for you to include any additional affirmations you want to have this year. Post your manifesto in a place you'll see it often! (I hang mine on the inside door of my jewelry cabinet). Happy New Year!

I am _____