more mind

SELF-CARE BOUNDARIES EXERCISE

Take 10 mins to practice self-care today by finding a comfortable, quiet seat & reflecting on the things you want to say YES to in order to create more balance in your life. Then reflect on the things you need to say NO to in order to make these things happen.

In order to say YES to...	I will say NO to...
EG:To say YES to Getting up early to practice Yoga in the morning before work.	I will say NO to staying up late & watching Netflix.