

5 Steps to Fulfillment

Put your oxygen mask on first and fill up your tank!

1. **Acknowledge:** Acknowledge where you are at.

Think About This! -- "Do you feel fulfilled or are you just fine?"

2. **Assess:** What are the things/people taking up your time & energy?

3. **Clear:** Take stock of your space and clear it out! Physical & Mental!

4. **Dream:** What are the things you WANT to do?

Self-Care Ideas ♥

1. Read a book
2. Take a brand new class...dancing, swimming, painting...whatever your heart desires!
3. Take a nice long bath or shower
4. Call a friend for coffee
5. Take a nap
6. Take a walk in nature
7. Get some ice cream or fro-yo
8. Journal gratitudes
9. Watch your favorite movie
10. Pamper yourself...a face mask...a monthly massage

5. **Do:** Do all the things that make you feel good!

Start checking off your list and add more....you are WORTH IT! ♥