

12 Tips of Self-Care

- 1 If it feels wrong, don't do it.
- 2 Say exactly what you mean.
- 3 Don't be a people pleaser.
- 4 Trust your instincts.
- 5 Never speak badly about yourself.
- 6 Never give up on your dreams.
- 7 Don't be afraid to say no.
- 8 Don't be afraid to say yes.
- 9 Be kind to yourself.
- 10 Let go of what you can't control.
- 11 Stay away from drama and negativity.
- 12 Love