

7 DAILY HABITS FOR SELF CARE



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Monday

‘Today is an extraordinary Day’

A well-begun start is halfway to success, and it is our responsibility to infuse every beginning with a simple SMILE, whether it's a day, a week, a month, or a year. A smile is an indicator of happiness, the ultimate goal of our lives."

Let's practice to keep a SMILE on our face!

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Tuesday

'I love myself'

We are so busy loving others be it friends or family or pets and expecting love from others. In the process, let's not forget to love ourselves too.

Self-love is foundational to overall well-being, influencing how individuals perceive themselves, relate to others, and navigate the complexities of life.

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Wednesday

‘I deserve to be happy’

Many times, we convince ourselves that we don't deserve happiness due to various reasons. However, happiness is a choice independent of circumstances.

Instead of waiting to feel happy after achieving a goal, can we choose to happily achieve it in the process?

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Thursday

'I am worthy of Self-Care'

There is no rule book to measure anyone's or anything's worthiness. Each of us is precious and deserves self-care with due respect.

Let's consciously prioritize the well-being of our minds and bodies, just as we do for our gadgets."

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Friday

'I am my first priority'

It's common to put others and everything else higher priority, hoping for the same in return. But it's vital to ask: Am I my first priority? Our well-being is significant, and our needs are important."

This mantra will remind you that my well-being matters just as much as others."

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Saturday

'I show kindness to myself'

From childhood, we've learned the importance of kindness towards everyone, yet often neglect extending that kindness to ourselves. While we readily accept others' mistakes and express appreciation, we sometimes struggle to afford the same compassion to ourselves.

Let's ease up on self-criticism and make a conscious effort to practice self-kindness.

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Sunday

'I am Complete and Whole'

It signifies a recognition and acceptance of one's intrinsic worth and completeness, independent of external validation or circumstances.

This mantra emphasizes a state of inner unity, suggesting that the we feel whole and self-sufficient, finding a sense of fulfilment from within rather than seeking it externally.

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