

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: CONSIDER YOUR OWN WELL-BEING



Are you okay? When was the last time you asked yourself that? Take the time to consider your own well-being and do something for yourself.

While taking care of others is important, taking care of yourself is equally as important. Taking the time to consider your own well-being is not selfish, it is healthy. Everyone needs time to reflect on their own situation, feelings, and thoughts in order to move forward with their life. Some of us get so caught up in taking care of others that we forget to take care of ourselves. Remember your well-being is just as important as the well-being of your loved ones.

Feeling stressed? Take the time to do something you love to do. You can read a book, watch TV, go for a walk, etc. Just make sure to schedule breaks for yourself because you deserve it. It is important to acknowledge your needs and take the time to address those needs. Taking the time to consider your well-being allows you to flourish in life. Show some self-compassion today by thinking about your own well-being.

Practice Compassion Today:



1. GRAB A PIECE OF PAPER AND A WRITING UTENSIL.
2. FIND A QUIET PLACE AND SIT DOWN.
3. THINK ABOUT HOW YOU FEEL. ARE YOU OK?
4. WRITE DOWN YOUR FEELINGS AND CREATE A LIST OF THINGS YOU CAN DO FOR YOURSELF.
5. COMMIT TO TAKING THE TIME TO DO SOMETHING FOR YOURSELF AT LEAST ONCE A DAY TO IMPROVE YOUR WELL-BEING.



Parent Practice Tip:

Don't forget to take care of yourself. Make sure to eat 3 meals a day, exercise as often as you can, and take time for yourself. Do things that will improve your own well-being. Show and explain this to your family.

To Learn More:

[What is Well-Being](#)

[Mindfulness Meditation for Kids](#)

[15- Minute Meditation For Self-Love](#)

www.ChooseLoveToThrive.org