

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY: DO SOMETHING FOR YOURSELF



**Have you been taking care of yourself? Take the time to do something for yourself today!**

*"Self-care is giving the world the best of you, instead of what's left of you." - Katie Reed*

Sometimes we get so caught up in doing things for other people that we forget to do things for ourselves. Everyone needs to devote time to themselves. It prevents burnout and allows us to put our best foot forward when supporting others. In our current times, we may have friends and loved ones in need of some support. When we take care of ourselves, we prepare ourselves to take care of others. When we fill ourselves with happiness, this is able to spread out to those around us. Bring joy to your own life by doing something you really love whether it be reading a book, playing with your siblings, dancing, etc. Just do something that makes you happy.

### Practice Compassion Today:

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1. THINK ABOUT AN ACTIVITY THAT MAKES YOU HAPPY.
2. SET ASIDE SOME TIME DURING THE DAY TO ENJOY THAT ACTIVITY.
3. INCLUDE LOVED ONES IF YOU WANT OR ENJOY THE ACTIVITY BY YOURSELF.
4. MAKE IT A MISSION TO SCHEDULE "FUN TIME" IN YOUR DAILY ROUTINE.



### Parent Practice Tip:

**Ask your child(ren) what some of their favorite activities are and why. Find an activity you have in common and enjoy it with them.**

### To Learn More:

**10 Self Care Tips for Kids!**  
**How to Adult: A Self-Care Action Plan**

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)