



# The Self-Care Manifesto

Doing self-care is a way of saying that **we matter**.

And when we start to *treat* ourselves like we matter, we start to actually believe that we really *do matter*. And others see it, too. The *more we take care of ourselves*, the *less* likely we are to tolerate bad behavior, abuse, and disrespect from others. **Self-care is not an add-on**, not something you have to schedule, but rather a central part of *how to live a life*.

## Self-love

*is a prerequisite for the abundant life you've always dreamed of.*