

SELF-CARE MANIFESTO:

A mothers guide to reigniting her spark of life

1. Acknowledge where you are.
2. Come to believe & accept that you need strength and help beyond your own awareness & resources.
3. Make a decision to be open to new perspectives. Arguing for your limitations keeps you stuck.
4. Learn to communicate with your body using IT's language.
5. Take inventory of how your mind works.... which processor is the dominant one (thinking vs. feeling) and be willing to work with the non-dominant side.
6. Be open and vulnerable to share your own struggles....you never know when your story is in service to someone else's journey. Holding onto something all by yourself is stressful and unnecessary, it works against your body.
7. Commit to moving your body in a way that feels good to you.
8. There are no guru's.... question what you don't understand AND keep an open mind. Be willing to let information sit within you before immediately rejecting it.