

Care of me

In order to maintain our general well-being, it's important that we have awareness from day to day, or year to year

Keep in mind these questions; revisit them whenever you need to.

1. What things make me feel good?

What things make me happy to be alive? What things make me feel good about myself?

2. What things make me feel drained?

What things make me feel depressed or anxious? What things do I dread facing?

3. In accepting things I cannot

change, am I increasing the things that make me feel good and decreasing those things that make me stressed?

4. Am I being present in more of my moments?

5. Am I intentionally practising mindfulness in everyday life?

6. Am I trying out different mindfulness tools to see what works best for me?

7. Am I taking care of myself in other areas of life, e.g. balanced healthy diet, daily physical activity, being sociable, etc.?

