



101 ways to nurture your spirit

 PAINT A PICTURE, MAKE A COLLAGE, BAKE BREAD AND KNEAD DOUGH, **CREATE**, NURTURE SOMETHING (A FLOWER, A PUPPY, A HOBBY, A CHILD), **TRY SOMETHING NEW**, KNIT A COMFY SWEATER,  ESTABLISH A COZY SPOT, ALLOW 30 MINUTES FOR A CANDLE-LIT BATH, GET A MASSAGE, ACCEPT FAVORS, TAKE A NAP, **TRUST YOUR INTUITION**, KEEP SOMETHING NEARBY THAT IS JUST FOR YOU, PAMPER YOURSELF, SEND YOURSELF A THANK-YOU NOTE, **LEARN TO BE SELFISH**, DO FAVORS, SAY  GOOD MORNING TO A STRANGER,  SNEAK IN RANDOM ACTS OF KINDNESS, GIVE A MASSAGE, BE IMPECCABLE WITH YOUR WORDS,  FORGIVE, DISCOVER WHAT  MAKES ANOTHER HAPPY, MEET YOUR CO-WORKERS JUST FOR FUN, **MISTAKES ARE OPPORTUNITIES FOR GROWTH**, LOOK A CHILD IN  THE EYE, LET OTHERS KNOW WHEN THEY MAKE YOU HAPPY, **BUILD RELATIONSHIPS**, BE HONEST WITHOUT MALICE, GIVE HUGS, KEEP ONLY CONSTRUCTIVE RELATIONSHIPS (TOXIC PEOPLE BRING YOU DOWN), ASK FOR FORGIVENESS, **SOLVE PROBLEMS AS A TEAM**, FIND SOMEONE WHO CAN HOLD YOU  IN MIND, SHARE YOUR GRIEF AND LOSSES, LOOK FOR A SYMPATHETIC EYE, **QUIET YOURSELF**, SHARE HOW YOU COPE, ASK FOR  REMINDERS OF WHAT YOU ARE DOING WELL, LET OTHERS  KNOW WHEN YOUR BURDEN IS TOO HEAVY, STAY NEAR PEOPLE WHO LET YOU BE YOU, **OFFER PRAISE**, ASK FOR A HUG, PRACTICE ABUNDANCE RATHER THAN SCARCITY,  BE CHILD-LIKE, LAUGH OFTEN AND EARLY IN THE DAY, START OVER EVERY DAY, **LET SOMEONE KNOW THAT YOU ARE THINKING OF THEM**, LIVE IN THE MOMENT, KNOW THAT YOUR SMILE AND TIME ARE THE BEST TEACHERS, PUT YOUR ERRORS IN PERSPECTIVE, KNOW THAT YOU DO NOT HAVE TO BE SUPERHUMAN, **JUST**  **SAY "NO,"** CELEBRATE YOUR STRENGTHS AND ACCOMPLISHMENTS, FIND THE FUNNY IN EACH MOMENT, SUBSTITUTE A POSITIVE FOR A  NEGATIVE, WALK AND PLAY OUTSIDE, RIDE A BIKE OR A HORSE, FIND EXERCISE YOU ENJOY, DANCE, SWIM, EAT AN APPLE, **COMMUNICATE WHAT YOU NEED**, STRETCH, BUILD SOCIAL SUPPORT, LEARN YOGA, OBSERVE NATURE, SET ASIDE A PERSONAL SABBATH, PRAY, JOURNAL, START EACH DAY WITH A MINDFUL MINUTE  TO REVISIT THE REASON FOR THE WORK YOU DO, LISTEN TO NATURE, **THINK OUTSIDE THE BOX**, RUN WATER IN YOUR ROOM, PLAY A  DRUM, BREATHE DEEPLY THEN EXHALE SLOWLY AND SIGH,  LET "I AM WORTHY" BE YOUR MANTRA, TENSE YOUR SHOULDERS THEN RELEASE, **NURTURE A POSITIVE ATTITUDE**, INSIST ON FIVE  MINUTES OF SILENCE TO REFLECT ON WHAT YOU LIKED ABOUT YOUR DAY AND WHAT YOU CAN CHANGE, FACE A FEAR, LEARN NEW SOFTWARE OR TECHNOLOGY, **LOVE YOURSELF**, DO  SOMETHING SILLY, LEARN "HELLO" IN A NEW LANGUAGE, DRESS UP, PLAN A VACATION, DRINK A NEW HERBAL TEA, TAKE A CLASS,  SET GOALS THAT SAY "I MATTER," FOCUS ON GETTING  BETTER EACH DAY, ASK OTHERS TO CLARIFY EXPECTATIONS, **BE CONSTRUCTIVE**, HANG A SIGN THAT STATES WHAT YOU WANT TO GET  DONE TODAY, **YOU ARE A SUPER HUMAN**, SET ASIDE TIME TO PLAN HOW YOU WILL TAKE CARE  OF YOURSELF THIS WEEK, PROTECT THE THINGS THAT GIVE YOU MEANING AND SATISFACTION, USE UPSETS TO RE-EVALUATE THE WAY YOU WANT TO LIVE, **FOCUS ON WHAT'S IMPORTANT**, REMOVE DISTRACTIONS, REPLACE COMPETITION WITH COOPERATION, **EXERCISE**, CLARIFY A PERSONAL VISION WITH REALISTIC GOALS, ADDRESS  PROBLEMS WHEN THEY ARE SMALL, DELEGATE, BE AN ENTHUSIASTIC LEADER, EXPRESS THE MUTUAL BENEFITS OF SOLVING A  PROBLEM, **MOVE AT YOUR OWN PACE**, COMPROMISE, SEEK OTHERS' OPINIONS, LET OTHERS KNOW WHEN YOU FEEL LIKE AN EQUAL, DERAIL DESTRUCTIVE PATTERNS, KNOW WHEN TO GET OUTSIDE HELP, DISCOVER YOUR  CHILD WITHIN, **THERE IS ALWAYS TOMORROW**, GIVE UNKNOWN FEELINGS PERMISSION TO BE REVEALED BY NAMING THEM,  **LEARN TO MEDITATE**, FORGIVE YOURSELF, **IT ONLY TAKES ONE PERSON TO CHANGE A SYSTEM**, RECOGNIZE A FEELING WHEN IT STARTS AS AN EARLY WARNING, PULL UP THE ROOT OF WHY YOU EXPERIENCE EMOTIONS,  KNOW YOURSELF BETTER THAN ANYONE ELSE, **BE STILL AND RELAX**, BELIEVE THAT ALL PEOPLE—EVEN CHILDREN—SEEK WHAT THEY NEED, **UNCOVER ISSUES IN YOUR OWN LIFE**, BELIEVE THAT THERE  IS A WAY TO HANDLE WHATEVER COMES YOUR WAY—LITTLE ADVANCES CAN MAKE A DIFFERENCE, **YOU ARE GOOD ENOUGH**

... AT HOME, AT WORK, AND ON THE STREET