

5 STEPS TO TAKE CARE OF YOURSELF

Congratulations on taking the first necessary step in taking care of the most important person-You. I am excited for you because self-care is a necessity, not luxury!!!

When you commit to filling your own cup first, you can better take care of others around you. The relationship with the Self is the most important relationship that provides the most satisfaction and contentment. If your relationship with the Self is satisfying, you automatically find joy and fulfillment in all of your other relationships.

But it's not easy... instead, it is straightforward and natural to take care of others' needs before you tend to your own. The following 5 steps practiced on a daily basis will be a good start for putting you at number one on your priority list:

- 1 “Yes:” First thing first, say “Yes” to your desires. Define what you want and is important to you. This is the most challenging part of the journey, as my clients report. Usually, we know we want happiness, satisfaction, love/affection, and more out of life than what we currently have. However, it can be difficult to define what these things mean for us and how to tell when we have them. So, I encourage you to do one thing each day that gives you a total joy, happiness, satisfaction, or whatever you want more of in life. You know this is what you want when you accomplish it easily and without effort.

- 2 “No:” No is the most powerful word in your dictionary if you use it correctly. It is the backbone of prioritization. If you say “No” to enough things in a day, you will be saying yes to the things that really matter to you. If you have done a good job with step 1, then this becomes easier. I have to hold my clients accountable the most at this step, so be aware that you will slip up but be kind to yourself in the process.
- 3 Boundaries: Setting firm boundaries is the second half of step 2. Whether you are treated fairly well or not at all, the truth is that you have taught people to treat you that way. The good news is that you can re-train people on how to treat you. The bad news can be that you have to lead. You have to treat yourself the way you want others to treat you. Sometimes you are not able to see your own highest self-worth due to past trauma or psychological block. You might need the help of a professional if you are not able to break this cycle. My clients report that the things they learn from this step are invaluable because these unconscious psychological patterns can be destructive to your happiness.
- 4 Reflect: Reflection is essential in developing a healthy relationship with yourself. You get to know yourself. Journaling is a great exercise to do that. You want to pay attention to your thoughts, feelings, beliefs, fears, etc. You want to know what you are made of. Your good and bad habits are the reflections of your ideology, philosophy, thoughts, beliefs, and even fears. To learn how to fill your own cup, you would want to be willing to shed light on each dark corner. You can't be running away from things. I receive the most resistance at this step from my clients, because looking within yourself is daring and vulnerable. It's like sailing in uncharted waters, but yet necessary to get to the other side.

5 Mindfulness: Practicing mindfulness is essential for the journey to Innerself. It helps you feel grounded in the here and now. You become the master of each moment, which means you can choose the different reality in each given moment instead of reacting to your past conditioning. You literally become the co-creator of your reality with the Universe instead of being the object of random events. I work with my clients on this step with a step-by-step process that is unique to their experience and practice. The dive you take into your deeper, darker inner Self is unique and personal for each person. However, having a guide who has done what you are looking to do can be extremely helpful. The work I have done with myself and have observed others do it many times prepares me to guide my clients on every step of the way to be most effective and efficient.

If you practice these 5 steps on a daily basis, you will be able to fill your own cup without looking to anyone else for approval, love, fulfillment, and satisfaction in life. As I said before, when you know how to do that for yourself, you give so much more to others. You are able to see and feel all the vibrant colors in the rainbow of your life and relationships.

If you had tried methods like these before but did not gain much success, please sign up for a free strategy session here. There might be some psychological and/or emotional blocks that are unconscious to you if you are hitting the wall in creating the self-care habits that will yield you more time, satisfying relationships, and fulfillment in life. With this free strategy session, I can help you identify what blocks might be standing in the way of you achieving your goals and how to remove these blocks forever. You will gain clarity and a clear process on how to develop and maintain habits that teach you how to keep your cup full all the time.

[SIGN UP FOR A FREE STRATEGY SESSION](#)

