31 Days Self-Love for the Holidays

Focusing on compassion for yourself and your family to create more joy and ease over the holidays.

You can't pour from an empty cup!

Have a family meeting to discuss wishes and needs for the coming month.	Set realistic goals for yourself and your family. Consider everyone's boundaries, including yours!	Make a weekly goal and daily plan to meet those goals.	Make a list of things you want/need to get gone...cross off 3 of them:)	Make space for uncomfortable feelings like grief or sadness. Start a journal to write about your feelings.	Determine a few things to look forward to.	Get out in nature or open a window to notice the beauty that surrounds you.
Think of a new holiday tradition that would bring joy to you.	Check-in with yourself, how are you feeling? What do you need?	List three things you are grateful for, get as specific as you can.	Learn a new breathing tool.	Practice saying "no" today to something that doesn't fill you up.	Acknowledge your efforts in taking care of yourself and your family.	Schedule downtime, read, rest, and reduce screens.
How are you doing with your goals? Revise and reduce them as needed.	Do a body scan. Where do you feel tension or stress? Breathe through it.	Take 5 mins to enjoy your coffee or tea today.	Give yourself permission to let something go today.	Dance, run, shake or move your body today.	Notice the beauty around you today.	Practice breathing and movement strategies, even when your child is calm.
Focus on drinking enough water today and see how it makes you feel.	Practice daily affirmations and positive self-talk.	Before bed, write down three things that went well today.	Stretch and massage your body today.	Call a friend or family member today to check in.	Watch, read, or think of something that makes you laugh out loud.	Check-in with yourself, how are you feeling? What do you need?
Set priorities and ask for help.	Write down three things that bring you joy and make you feel warm inside.	Celebrate taking care of YOU...the people around you appreciate it!	Notes & Ideas:			

elizabeth SAUTTER
www.elizabethsautter.com