



### 3 Steps to Self-Care Harmony

1. Give yourself Permission to take care of yourself first.

Healthy Selfish

Energy ... Breath ... Presence ... Connection



2. Self-Dates (Artist dates) Weekly

Follow your *muse*

What does your spirit need to enjoy the holidays? What do you love about them?

3. Let go of other people's expectations and "shoulds" that are not in harmony.

Define, redefine holiday harmony for you and your household

What's important? What's shifted?

Keep? Change? Re-create?

Delegate – Who loves to do, or wants to try, what things?