

# Lynn's list of TOP TIPS for TAKING CARE OF YOU!

Take pause and notice how you are feeling throughout your day.

Make your most important self-care habit NON-NEGOTIABLE.

Start with the basics – EAT SLEEP MOVE.

Experiment with what works for YOU.

Aim for small shifts – just a “smidge” better today.

Build habits by tracking your progress.

Find a friend + be accountable.

*Have fun creating your daily flow!*