12 Steps To Self Care

1. If it feels wrong, don't do it.
2. Say exactly what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak bad about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say no.
8. Don't be afraid to say yes.
9. Be kind to yourself.
10. Let go of what you can't control.
11. Stay away from drama and negativity.
12. Love.