



ONE

Release control of at least one thing per day and create space for fun.

- Let others manage a task on their own, even if it doesn't meet your high standards.
- Allow yourself some space to recharge and have fun with no guilt.



TWO

Practice respecting boundaries and expressing your own needs.

- The next time you feel compelled to jump in and help, ask the person for permission first and respect their response.
- Consider your own needs and express them to those who will support you.



THREE

Take on a creative project or hobby that is just for you.

- Find something that allows you to express yourself freely without goals or an audience.
- Let your creativity take over and don't post it on social media.



FOUR

Establish some constructive daily and weekly routines.

- Having some structure around cleaning, meal prep etc. will help to support your creativity.
- These routines will begin to form habits so that you can focus more of your energy on the things that energise you.



FIVE

Focus on grounding yourself through your emotions and your body.

- Pay attention to your feelings and practice expressing them as they arise without over-analysing.
- Taking up a sport or regular exercise will help to ground you and declutter your mind.



SIX

Try something new or spontaneous each week.

- Order a dish you've never had before or take up a new hobby. Go on a day trip to explore somewhere new.
- Don't plan out every small detail or rely on others to take the lead. Trust your instincts - it's going to be okay.



SEVEN

Get into the habit of journaling.

- Set aside 20 minutes of alone time at least once a week to write down your thoughts and feelings. Explore them fully - the good and the bad.
- Stay 100% present and focused during this time. Don't record it as a voice memo while driving!



EIGHT

Slow your pace.

- Sit in stillness for 5 minutes or more each day using guided mindfulness or breathing exercises.
- Channel all that pent up energy and use it to refresh your mind and body, rather than burning yourself out.



NINE

Practice engaging with the world.

- Speak out when you have an opinion or preference, even if it's unpopular. If you have a goal, back yourself by making small steps towards it.
- Say yes to people only when you really mean it.