

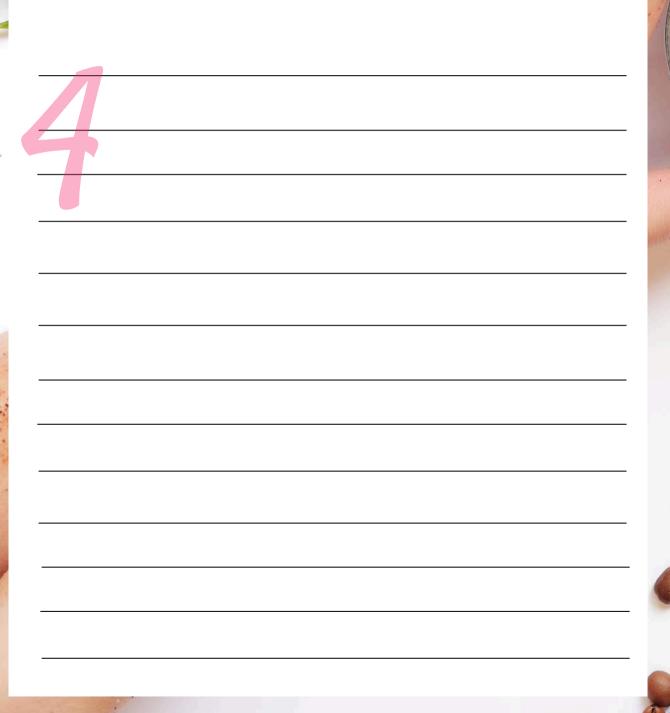
Reflect on your current self-care practices. Make a list of all the activities you engage in with the intention of self-care. Then ask yourself - which of these practices truly nourish you on a deep level? Which ones feel more like obligations or checklist items? Be honest with yourself.

When was the last time you truly listened to yourself without judgment? Set a timer and free-write for 10 minutes, allowing yourself to express any thoughts/feelings that arise, no matter how uncomfortable or "unacceptable" they seem.

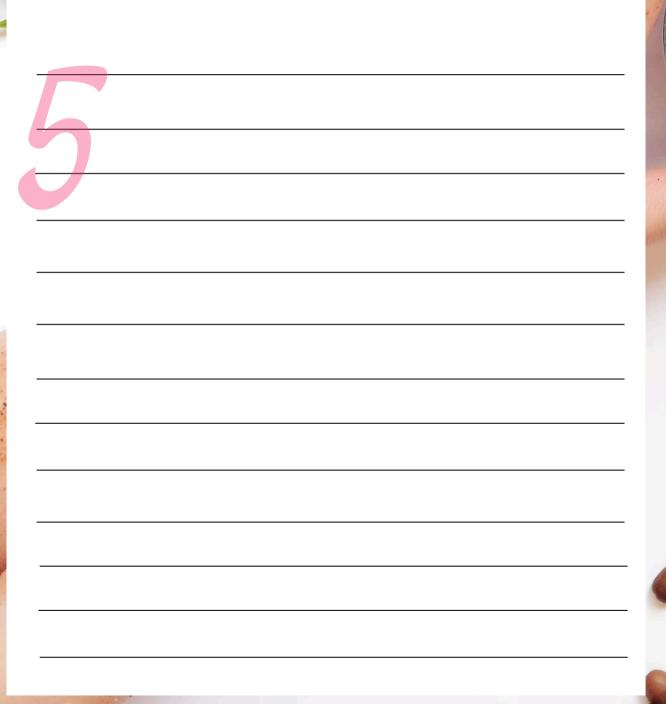


Make a list of simple pleasures and activities that don't seem "productive" but allowing yourself to indulge in them makes you feel alive and whole. Commit to doing at least one this week.

What is one baby step you can take this week towards a more holistic self-care practice that makes space for all of your experiences, not just the "acceptable" ones?



What gets in the way of you eating in alignment with your values and what's best for your body? Barriers could be anything from emotions, habits, convenience etc. Once identified, brainstorm ways to overcome at least one barrier this week.





join me ... The Cookbook Club!



let's make cooking joyful this year



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