



# THE HAPPY CURATOR

*Empowered  
Life*

*Juliette J. Harris*

# 3 SELF CARE TOOLS

**Self-care /self-'ker/ noun:** Health care provided by oneself often without the consultation of a medical professional.

Taking care of yourself is the MOST important thing that you can do for yourself. It is not selfish to do so.

Ignoring your needs, will drain you in the long run. It could lead to burn out and to a vicious circle of misused energy. If you think of energy as you think of money, then you quickly realise that it needs to be spent wisely and on people or activities that you care about.

Loving and putting yourself first means that you have the energy to deal with what shows up in your life head on.

No one can pour from an empty cup. So how do you refill your cup and make sure that it stays filled? In the following 3 pages, I'll make you realise that you are the most important person in your life, that you can find time for yourself and I'll give you 3 tools to take care and love yourself.

Much love,

*xxo Juliette*

# FACT

## YOU ARE THE MOST IMPORTANT PERSON IN YOUR LIFE

Repeat out loud at least 5 times every morning, evening and BELIEVE IT!!

I am the most important person in my life!  
I am the most important person in my life!  
I am the most important person in my life!  
I am the most important person in my life!  
I am the most important person in my life!

Write it down 5 times in your journal too.

Repetition is a key principle in neuroplasticity. Neuroplasticity refers to the fact that our brains are incredibly flexible. We can literally use our minds to change the physical structure of our brains and create new beliefs.

I can hear you thinking: 'Juliette is crazy! I'm not the most important person in my life. My mum, partner, child, dog, yada yada is more important'. To which I reply: 'Really? Why do you think that these people around you are more important?'

Let's put it in perspective. My entourage is more important than me because:

- .....
- .....
- .....

ARE YOU THE MOST IMPORTANT PERSON IN YOUR LIFE?

Is that a big fat YES? Woohoo!

# TIP

## MAKE TIME FOR YOURSELF: YOU ARE WORTHY!

I can hear you already telling me: 'But Juliette, I barely have time for... (fill the blank) how can I possibly make time for me?

'Better question is : ' What can I give up or put less energy into so that I can nurture myself?'

People always make time for things that matter to them. YOU MATTER. YOU ARE IMPORTANT. But mostly YOU ARE WORTHY!!

Make a list of all the things that don't feed your soul, suck up your time and write down next to them, how long you spend doing them. Be honest with yourself.

- Social media:
- TV:
- -----
- -----
- -----
- -----

How much time have you managed to free up? Roll drum please

I've managed to free up ..... minutes/hours.

Yes!! This time is yours. Savour it! You are so worthy of it!



# 3 SELF CARING TOOLS

## MEDITATION

Meditation has been proven to:

- Reduce Stress.
- Help to be present or in the moment
- Lengthen Attention Span
- Control Anxiety. Less stress translates to less anxiety
- Self-Awareness.....

Headspace, Soulvana, Omvana, Calm are some of the meditation apps out there. I totally sucked at meditation. I tried Headspace and it did my head in. It wasn't the app for me. When I discovered Soulvana, things changed for the better. I do morning and evening meditations now, as I like to clear myself of all the negative energies that I encounter during the day. I recommend trying a few to see which app suits you better. All of them have free trials. Start with a 5 min meditation then slowly increase to the amount of time that suits you.

## KEEPING A GRATITUDE JOURNAL

Keeping a daily gratitude journal has been proven to re-wire the brain for gratitude and happiness in just 21 days, as we appreciate more and more the good things in our life.

List 3 or 5 things a day you feel grateful for, whether a really nice coffee, learning something new, meeting a friend, living on a beautiful planet, having a roof over your head...endless possibilities.

## ANY ACTIVITY THAT FORCES YOU TO BE PRESENT

Walking in nature with or without a dog, sewing, knitting, baking, martial arts, the gym, properly tasting and chewing a food, working with a coach.....

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