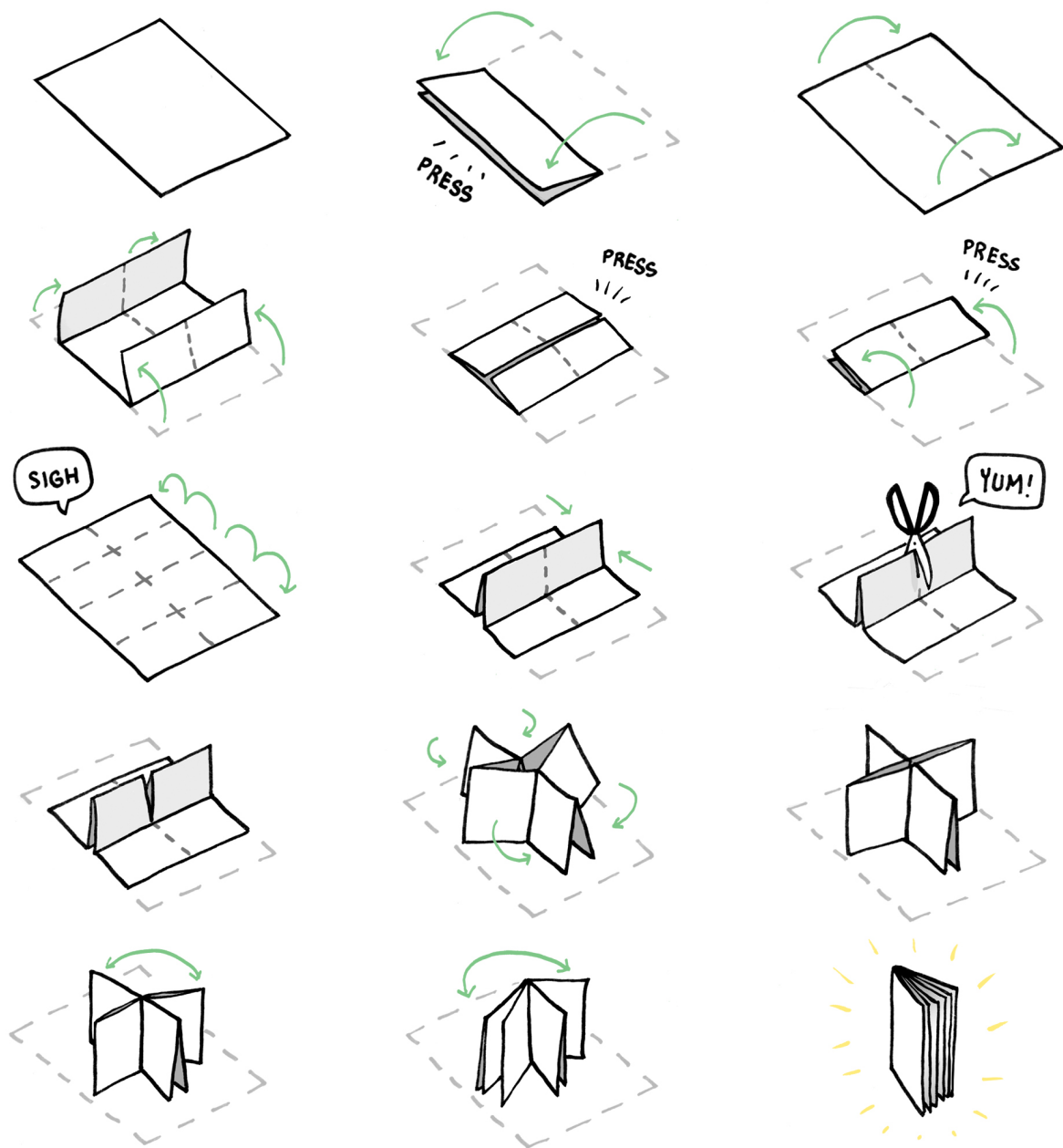


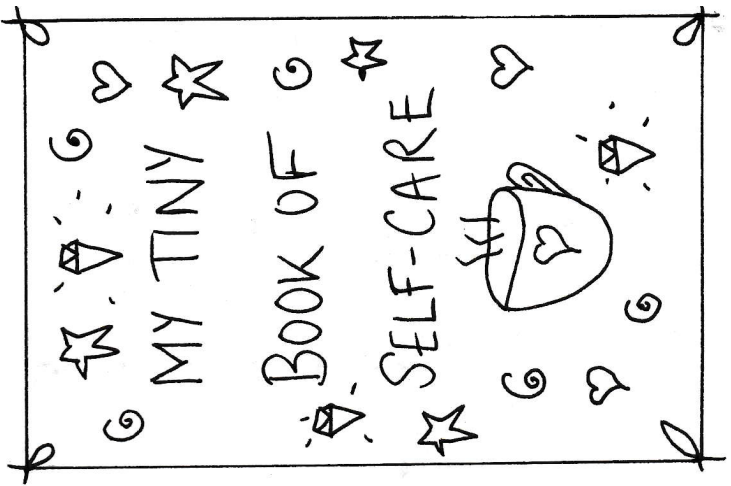
HOW TO FOLD A

SHEET-O-PAPER

INTO A

8-PAGE ZINE

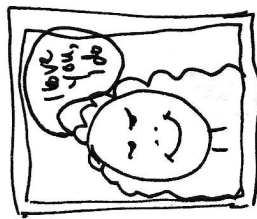




Aim for 8 hours!

Ariana Huffington says:

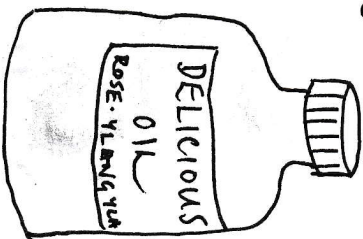
"I'm more present, much more joyful. Eight hours sleep is not negotiable."



MIRROR PRACTICE
Say I love you in the mirror

Louise Hay Says:
"As you learn to do mirror work you will learn to take care of yourself on a deeper level than you have done before."

Sebastian Pole says: "Massage helps us connect with ourselves and clears tension."



SELF-MASSAGE
Oil yourself after shower or bath

GRATITUDE

Record 3 things a day

The Dalai Lama Says:

"When we develop an attitude of gratitude we take a giant step towards solving personal and international problems."

SEEK JOY!

Leanne Dawson says:

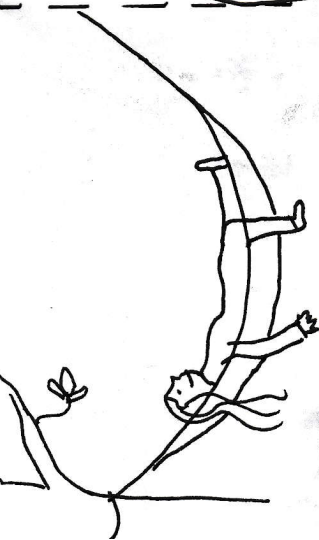
"Abundance, money, prosperity are the result of living in joy."

ASK FOR HELP



Charlie Chaplin Says:

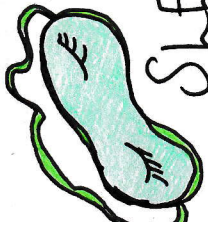
"We all want to help one another. We want to live by each other's happiness, not by each other's misery."



Leo Babauta says:
"Slow down to enjoy life more, savour life's simple pleasures."

SLOW DOWN

MY TINY BOOK OF SELF-CARE



SLEEP

Aim for 8 hours!

Aniana Huffington says:

"I'm more present, much more joyful. Eight hours sleep is not negotiable."



MIKRO PRACTICE
Say I love you in the mirror

Louise Hay says:

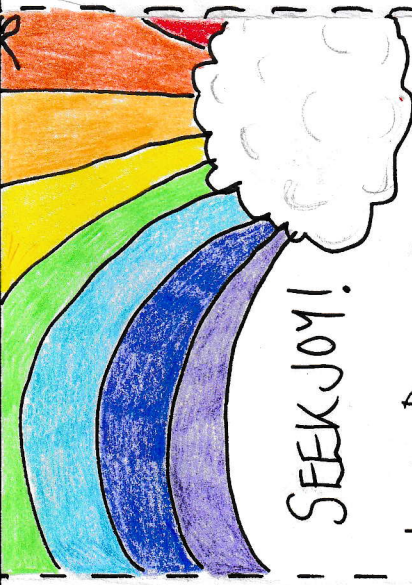
"As you learn to do mirror work you will learn to take care of yourself on a deeper level than you have done before"



Sebastian Pole says: "Massage helps us connect with ourselves and clears tension."

SELF-MASSAGE

Oil yourself after shower or bath



SEEK JOY!

Leonie Dawson says:

"Abundance, money, prosperity are the result of living in joy."



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SLOW DOWN

GRATITUDE Record 3 things a day

The Dalai Lama says: "When we develop an attitude of gratitude we take a giant step towards solving personal and international problems."