



# UNUSUAL SELF CARE TIPS

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FOR INSPIRING WORDS AND POSITIVE VIBES

1

TAKE RESPONSIBILITY FOR YOUR SELF CONCEPT, HOW YOU SEE YOURSELF. YOU NEED TO REGULARLY REINFORCE NEW IDEAS OF WHO YOU ARE BY SETTING UP A REGULAR PROGRAM TO FEED YOURSELF WITH A POSITIVE, UPLIFTING, INSPIRING IMAGE OF YOURSELF.

2

THERE'S A STRONG CONNECTION BETWEEN YOUR BODY AND YOUR MIND AND AS YOU START TO CARE ABOUT YOUR BODY, TO LOVE YOUR BODY NO MATTER WHAT, YOU'LL START TO HAVE BETTER FEELING THOUGHTS. ASK YOURSELF ARE YOU DOING ENOUGH TO TAKE CARE OF YOUR BODY?

3

FALL ASLEEP IN THE FEELING OF BEING, HAVING AND SEEING ALL YOU WISH TO BE, POSSESS AND SEE MANIFESTED. THIS SENDS YOUR SUBCONSCIOUS CREATIVE MIND INTO ACTION, TO COMPEL CONDITIONS AND EVENTS TO APPEAR IN YOUR WORLD THAT CONFIRM THESE FEELINGS. GRATITUDE IS MENTAL MAGIC.