

NEW YEAR RESOLUTIONS FOR THE SOUL

@mendingrootstherapy

- Rest
- Say more "I am worthy"
- Delegate
- Tell others "I won't be able to __, I need you to _____."
- Acknowledge your struggle.
- Declutter negative thoughts.
- Accept help.
- Accept a compliment.
- Try something new.
- Try something old.
- Thank kindness.
- Give yourself TLC.
- Breathe through pain & stress.
- Show your body love.
- Let go for one minute at a time.
- Challenge yourself.
- Do a hard thing.
- Forgive yourself.
- Be around safe others.
- Give yourself the benefit of the doubt.
- Nurture the relationship with you.
- If it's worth it, try again.

REFLECTIONS:



sofia
MENDOZA,
LCSW

MENDING ROOTS THERAPY

NEW YEAR RESOLUTIONS FOR THE SOUL

- Rest
- Say more "I am worthy"
- Delegate
- Tell others "I won't be able to __, I need you to _____."
- Acknowledge your struggle.
- Declutter negative thoughts.
- Accept help.
- Accept a compliment.
- Try something new.
- Try something old.
- Thank kindness.
- Give yourself TLC.
- Breathe through pain & stress.
- Show your body love.
- Let go for one minute at a time.
- Challenge yourself.
- Do a hard thing.
- Forgive yourself.
- Be around safe others.
- Give yourself the benefit of the doubt.
- Nurture the relationship with you.
- If it's worth it, try again.

REFLECTIONS: