

6 PRACTICES FOR LEADING AN AUTHENTIC LIFE

- Find time daily for stillness, contemplation and reflection
- Form a supportive women's circle
- Practice self-compassion
- Have courageous conversations
- Get physical
- Schedule joy

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Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.

- Parker Palmer