

Give the world the best of you!

We are excited to bring you this edition of your Weekly Winning Resource all about the word self-care. It is so important to take care of your body, mind, and soul everyday and not just when you're not well, or when you're feeling at your wits end. Self-care is a daily habit that we must create and pay close attention to. Why do we put our self-care last? There are many reasons, but some of them are, we're too busy, too stressed, and too consumed with technology. Additionally, we think it's too selfish. Because of these reasons and more, we can feel guilty taking time out for ourselves. The truth is, self-care is the least selfish thing we can do. When you put yourself first, you give the world the best of you and not what's left of you! How can giving the world the best of you be selfish? Exactly, it's not! In fact, it's the least selfish thing you can do. Why? Because self-care takes work and discipline. Discipline can feel hard and out of our comfort zone. It's easier to just be "too busy". So, when you take time for yourself, you make good choices in your eating habits, you exercise, you get good rest, and you pamper yourself when you need it, you aren't being selfish, you're being selfless. Being selfish is doing the easier things like eating fast and unhealthy instead of planning your meals and cooking, laying on the couch binge watching Netflix instead of exercising, not getting ample rest, and over busying yourself by saying yes too much. If you are tired, burnt out, and have no energy, how can you possibly show up being the best version of yourself? You can't, and that's why taking care of yourself has to be a priority if you are going to have the life you want and achieve your goals and dreams.

Your Weekly Winning Word:

Self-care:

The collection of habits that support and strengthen your mental health and well-being.

Your Weekly Winning Article:

We found this amazing article by Nick Wignall that includes 4 ideas everyone should know about self-care and 5 practical principles on how to do self-care well. Check it out here:

[Click Here to Read](#)

Your Weekly Winning Challenge:

Take 5 minutes each day this week to do this miracle morning meditation. [Watch Here](#)

Your Weekly Winning Quote:

An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly. ~Unknown

Putting yourself first can be very difficult and a hard habit to create. Having a coach for accountability can improve your odds of success greatly. Consider our Launch My Success Membership. Included in this membership, is weekly group coaching with one of our awesome Success Partners. You can learn more about them here: [Learn More – Success Partners](#)

Having a coach is an investment that you can expect to get a return on, it is not an expense. The time is now...What are you waiting for?

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