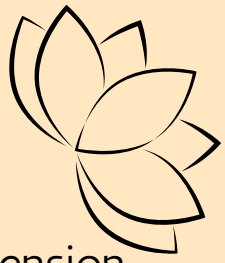
# 7 Practices for Everyday Self-Care



**1. Breathe with intention**
Begin your morning with three deep breaths. Inhale calm, exhale tension.

**2. Affirm your worth**
Stand in front of a mirror and say: "I am enough. I choose love today."

**3. Create mindful pauses**
Once a day, stop what you're doing, place your hand on your heart, and simply notice your breath.

**4. Gratitude journaling**
Write down one thing you are grateful for each day. Let gratitude become your anchor.

**5. Move with love**
Stretch, dance, or walk outside—choose a form of movement that feels nourishing, not punishing.

**6. Evening release**
Before sleep, visualise placing your worries into a glowing light and watch them dissolve.

**7. Remember your light**
When challenges arise, pause and remind yourself: "I am divine. I carry light within me."

**These seven practices are just the beginning. If you feel called to go deeper, my course Awakening the Divine Within: A Journey of Self-Love, Mindfulness, and Empowerment will guide you through powerful meditations, rituals, and practices to awaken your inner truth.**
**Contact Louize on 07525185319 via text to find out more .**