

TAKE CARE OF YOURSELF FIRST!

A pair of hands is shown from the wrists up, palms facing each other and holding a tangled string of warm white fairy lights. The lights are glowing, casting a soft, warm light on the hands. The background is a clear, bright blue sky. The entire image is framed by a thin white border, which is itself set within a larger brown border.

11 Healthy Ways to Care for Yourself First

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11 Healthy Ways to Care for Yourself First

Introduction

The ability to set goals and achieve them requires mustering up the courage to take responsibility for your life. This involves putting yourself first. By putting yourself first, you are simply making it a priority to take care of your mental, physical, emotional, and spiritual needs.

Creating the life that you desire is no one else's responsibility but yours. You cannot do that if you keep getting in the way of yourself by thinking and caring too much about others. No doubt, caring for the needs of others is a natural human instinct, but it should never be to your detriment.

Many people are oblivious to the realization that they are the architects of their fortunes. They like to believe that putting the needs of others first, before their own, follows a universal moral code of conduct that you must adhere to, the failure of which makes them less human or less fortunate in life.

There are various reasons why people believe that putting the needs of others ahead of their own is the best and only way to live. They may think people will stop liking them, or that being a tireless caregiver gives them a sense of purpose and fulfillment. Some sincerely feel responsible for others, or worse, they don't feel worthy of making themselves a priority.

Whichever one of the above categories you may find yourself in, the good news is that you can reset your thinking. Sadly, many people today suffer from thoughts of negating their own needs for the benefit of others. It is, however,

essential to know that this thinking is false. You need to unshackle yourself from them to successfully take charge of your life and fully accomplish your goals.

Rather than confining your thoughts to the preconceived notion of scary consequence that would supposedly befall on you if you put yourself first, it is much more reassuring to focus on the numerous benefits guaranteed by putting yourself first. Below are some of the benefits tied to putting yourself first:

- Being happier and more joyful
- Having more energy
- Receiving more respect from others
- Improved relationships
- Experiencing less fear
- Suffering from less stress
- Feeling less resentment
- Experiencing less depressed

These are the key areas where you stand to benefit if you learn to put yourself first. In this short ebook, we will be looking at various healthy ways to put yourself first to gain many incredible benefits.

Strategies for Putting Yourself First

Below are some healthy ways and tips that can help you develop the habit of putting yourself first without burning bridges or negatively affecting your energy, enthusiasm, and motivation. Following them will help you achieve your goals, protect your mental and physical wellbeing, and overcome even your biggest challenges. You don't have to start by doing all of them. Begin with those you feel most comfortable with and move forward with the others as you see fit.

Choose Your Purpose

Having a clear purpose in life is essential. It is the simplest, most basic thing every person needs to live a fulfilling and satisfying life. Without a clear sense of purpose, you will end up living your life haphazardly. Your purpose also makes it easier for you to say 'No' to people and things that do not align with your highest good. Being aware of your life's purpose and living it helps you identify those things that you need to do and when you need to do them. By consciously reaffirming your purpose regularly, you will be inspired to multiply your efforts to see your purpose fulfilled.

Live by a Vision

Putting yourself first also requires that you develop a clear vision of the life that you want to lead. A vision keeps you focused on the journey of your life. A clear vision will allow you to effectively prioritize your tasks and projects as the important things will align with your purpose and vision of your ultimate life. To get clear about your vision, start by reflecting on these three questions:

- Who do I want to be?
- What do I want to do?
- How do I want to feel?

If you are unsure about your vision, concentrating on these questions will help provide clarity about what you want out of life.

Set Personal Goals and Plans

Setting personal goals is a wise way to ensure your vision becomes a reality. Goals make the realization of your vision much more achievable and will keep you motivated and focused on what you want out of life. After taking the time to set your goals, set aside regular time to plan how you will achieve each of them. Break your goals down into small steps. By breaking the larger goals into smaller parts, there will be two benefits. You will prevent overwhelm, and you

will feel a sense of accomplishment as each step of the larger goal is completed.

Learn New Skills

As you draw up your goals and develop your vision, you may find you need to learn new skills to make your ideal life a reality. Take some time to identify those areas that you may be lacking in knowledge and skills. Then take proactive steps to bridge the gap between your present level and your desired level regarding your knowledge and skills.

Set Personal Boundaries

Setting person boundaries is a skill you need to master when learning how to put yourself first because you will need it a lot on every step of your journey. That is especially true if you tend to be a people-pleaser. Others are used to you backing down and giving them what they want, so you'll need to stay strong. Look them in the eye and kindly say, "No, thank you." Even when they try to convince you to think otherwise, practice sticking to your decision by not get pressured into consenting. Setting personal boundaries is a vital skill because it enables you to defend your time and your rights, which is an essential component of putting yourself first.

Get Exercise

Putting yourself first isn't only about goal setting and getting ahead. It's also about taking the time for self-care. After all, if you don't take care of your health, you'll be unable to live your purpose or fulfill your life's vision. Put yourself and your health first by incorporating healthy habits into your everyday life. If your activity level needs a significant overhaul, take it one step at a time. Remember, putting yourself first is about being kind to yourself, and your body will thank you.

Eat Healthier

A healthy diet is equally as important as your body's need to exercise. Eating a nutritious diet is a huge part of taking care of your health and putting yourself first. Just like activity, if your diet needs a significant overhaul, take it one step at a time and work your way up to your ideal diet. Remember, putting yourself first is about being kind to yourself.

Sleep Enough

Getting sufficient sleep is another essential component of putting yourself first. It is also necessary for boosting your performance and replenishing your energy. By getting enough sleep, you will be ready to face the hurdles of the new day with greater confidence, energy, and enthusiasm. Never allow anyone or anything to come between you and the need to get enough sleep.

Schedule Relaxation

Sometimes you may be lacking the energy you need to live your ultimate life. Rather than trying to push through such times, it is better to maximize your relaxation and recovery. You can engage in activities that will help reduce fatigue and replenish your energy, such as meditation, yoga, massage, or a quick nap. If you find you run low on energy and motivation regularly, start scheduling relaxation or downtime into your day. A consistent relaxation routine will keep you on more of an even-keel, so you don't burn out.

Journal

Studies have shown that we each have 60,000 or more thoughts per day. When you feel you have a lot to do, and you are overwhelmed with too many ideas, journaling will help clear your head. Journaling can also lead to better self-awareness, which is the foundation of putting yourself first. You can journal any way you wish—with paper and pen or by using an app. You might choose to journal every day or only when you feel overwhelmed or unsettled. Whatever works for you is perfect.

Practice Gratitude

Take some time each day to reflect on the positives in your life. It's easy to focus on the things we'd like to change and neglect to be appreciative of all we have. It is essential to have a realistic perspective on your life and identify the positives for the sake of your health and wellbeing. As you find the time to write down and reflect on all the things you are grateful for each day, you will reduce your stress levels and naturally find more and more to be thankful for in your life.

Conclusion

Putting yourself first is something you must make a conscious effort to do. You must fill your cup first, or you will end up with nothing left to give to others. Even when you face adverse reactions from people who feel that you are selfish for putting yourself first, remembering the tips outlined above and applying them will give you the motivation to go on regardless and live the life that you desire.

Thank you for taking the time to read this ebook. If you are interested in learning more about putting yourself first, look for my course "How to Live Authentically in a World of Faking It!" This powerful course leads you on a step-by-step journey to true, freeing authenticity, a journey of reflection, clarification, courage, self-acceptance, and love.

This powerful journey could absolutely change your life.

You could look back on THIS as the time:

- when you discovered true authenticity
- when you were set free
- when you stopped being what others wanted and became the person you were DESTINED to be

This is your moment. See you at the start of your journey.