



61 SURE-FIRE WAYS TO NURTURE YOUR INNER **BADASS**

- 1 Stop waiting for someone else (partner, child, boss) to make you happy and stop taking responsibility for the happiness of others. Focus on your own happiness first and allow others to follow their own path. The happier you are, the more you'll influence the happiness of others. It's a paradox!
- 2 Do mini meditations. Take advantage of the opportunity to sneak in mini meditations by focusing on mindfulness while walking to your car, shopping, or waiting in line.
- 3 Keep a gratitude journal or jot down the things you're grateful for when you first wake up, go to bed, or in the moments between tasks and meetings.
- 4 Exercise. It's a great way to destress and generate mood-boosting endorphins!
- 5 Change one thing to improve your diet.
- 6 Pamper yourself in big ways, from spa visits to vacations that make you feel special (a trip to visit your parents or in-laws is NOT a vacation for most people).
- 7 Nurture yourself in small ways on a daily basis. This can be something as simple as a hot cup of tea in the morning before everyone gets up to a glass of wine at the end of the day.
- 8 Spend time with your girlfriends and laugh your stress away.
- 9 Get creative. Play music, create art, write that book, sing that song!

- 10 Declutter and gift unwanted items to others.
- 11 Volunteer for your favorite charity.
- 12 Take a nap.
- 13 Have a cathartic phone call with your bff.
- 14 Cook a gourmet meal and savor every morsel.
- 15 Play in your garden or workshop.
- 16 Take a spontaneous, last-minute weekend getaway.
- 17 Play hooky one afternoon and go see a movie by yourself.
- 18 Write down your goals. You're 80% more likely to achieve them when you write them down.
- 19 Buy yourself fresh flowers every week.
- 20 Reconnect with nature. Walk barefoot on the grass or sand to reconnect with the earth.
- 21 Read an inspirational book to feel more spiritually connected.
- 22 Perform a random act of kindness for someone and don't tell anyone.
- 23 Have great sex. Seriously...have GREAT sex!
- 24 Cut off energy vampires (people who suck your energy with their dramas) when they complain by asking them, "And what are you going to do about that?" Say it as many times as necessary until they get frustrated and stop complaining.
- 25 Forgive and let go of thoughts surrounding those who have harmed you in order to stop "renting space" in your head and heart to them.
- 26 Forgive yourself unconditionally.
- 27 Make your first social media post of the day about something you're grateful for.
- 28 Say no to things, people, and events that don't serve you--meaning they don't bring you joy, serve an important purpose, get you closer to your goals, or nurture your spirit.

- 29 Say yes to things, people, and events that DO serve you.
- 30 Pay attention to your outer dialog and stop expressing negative thoughts and complaints. Your thoughts and words create your reality.
- 31 Pay attention to your inner dialog and stop critical self-talk by saying "Control-Alt-Delete" when negative thoughts enter your mind.
- 32 Set and maintain strong emotional and physical boundaries.
- 33 Trust your intuition and act on it.
- 34 Journal your thoughts, hopes, and dreams. There's something about pouring your heart out on the page that creates space for good things to enter your life.
- 35 Get a coach who can help you recognize and break through your personal and professional barriers to live the life you love.
- 36 Receive gracefully. Don't rebuff compliments, rather, thank the giver with a smile.
- 37 Know that mistakes and failures are only "bad" if you fail to learn from them.
- 38 Listen to your favorite music...
- 39 And dance like nobody's watching!
- 40 Snuggle with a pet, child, or stuffed animal.
- 41 Take a technology break by turning off your phone and laptop for a set period of time.
- 42 Do yoga. Find a studio or in-home program that makes you feel great afterward.
- 43 Create a vision board covered in the things you want to be, have, and do in your life.
- 44 Sing at the top of your lungs in the car.
- 45 Reach out to an old friend you haven't connected with in a long time.
- 46 Play! Have a family game night or go out for Trivia night. Hell, when was the last time you got on a swing? Let your badass self feel the wind blowing through your hair!
- 47 Send a handwritten thank you note.

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- 48 Parent yourself. Think about what you need and then do that thing for yourself.
 - 49 Stop comparing yourself to others.
 - 50 Spend 5 minutes just breathing mindfully.
 - 51 Pray, connect to Source, talk to your spirit guides--whatever you believe in.
 - 52 Even if you don't smoke, take a "non-smoker's smoker's break" several times a day. Use that time to meditate, do deep breathing, walk, or journal.
 - 53 Delegate something you hate doing.
 - 54 Tackle your toughest task first thing in the morning.
 - 55 Do one thing that scares you.
 - 56 Create a bucket list and start checking off the boxes.
 - 57 Study with a spiritual teacher.
 - 58 Watch children at play.
 - 59 Turn off notifications on your phone when you don't want to be distracted.
 - 60 Ask for help.
 - 61 Write down the top 10 things you love about yourself and send it to yourself in the mail.

Nurturing yourself will make you feel more alive, inspired, and ready to tackle anything.

Be forewarned, your inner badass just may start showing herself to the world!

Visit CJ Scarlet's website at www.cjscarlet.com

to learn more ways to take care of yourself--including how to claim your power to protect and defend yourself, and how to find peace and happiness in the midst of negativity and political turmoil.