

Create 10 Delightful Daily Habits

Practising extreme self-care in our life involves practising good “*daily*” habits. Daily habits involve more than just exercising and eating right. They include all the things that bring us enjoyment and delight.

Having ten daily habits is considered the right number to produce the benefits extreme self-care brings. Practising extreme self-care actually produces more time, space and money in our lives. When we truly care for our own needs first, we build a reserve of energy and resources that enables us to sustain extreme self-care in our own life with enough left over to care for others.

What are daily habits we could perform? Here are some suggestions.

- Stretch
- Relaxing bedtime ritual
- Floss your teeth
- Nourishing get up routine
- Under promise
- Physical activities
- Listening to music
- Writing in a journal
- Eating well
- Reading for pleasure
- Drinking 2 litres of water
- Going to bed to get enough sleep

The key to benefiting from your daily habits and practising extreme self-care is to do just that, make them “*daily*” habits.

Your challenge this week is to create a list of at least 10 delightful daily habits. Pick the top 5 habits and practise them “*daily*” for 7 days. You are now starting to practise Extreme Self-Care. Notice the energy and well being you create by doing this.

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