

# Self-Care: 4 Ways To Take Better Care Of Yourself

## 1.) Spend more time with people that make you feel better.

Spend more time with a person who makes you laugh when you are broken and people who do not take life too sincerely. Surround yourself with the people who can laugh at themselves – those who do not pretend to be perfect and don't expect you to be either.



## 2.) Stop making excuses

Building self-discipline is all about establishing an end to excuse. It's about taking charge of your behavior and your life. It's about making the most out of all life has to offer, and if you want to get the most out of life, you have to get up off your backside and go after your aims.



## 3.) Plan out your week.

Know your top aims and preferences and plan your week around them; otherwise, you will get cleared away by the pull of the modern world.

# Precisely How To Take Care Of Your Self

**G Thomas**



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