

SELF-CARE CATS



Don't be afraid to enforce your boundaries. You are allowed to tell people how to treat you.

(You can set boundaries with family, your partner and people who have authority over you like bosses or teachers. It's about respect + communication)

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Look at things from a different perspective. Try something new.

(If something isn't working in your life, job, relationships, or self-care routine, look at the situation in a different way)

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Self-Care Cats



Solitude



Don't be afraid to be alone and spend time in your own bubble. It can be uncomfortable at first but it's important to enjoy your own company!

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Do something today to make yourself feel content and relaxed.

(Bonus points if it involves blankets, pillows, cuddles, warm things, naps, or cardboard boxes)

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Get up and stretch or practice a few yoga poses today!



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