

Welcome to...

# The Year Of You!

## 1. Make yourself the priority



Make a plan of how you are going to make time for you.



## 3. Self-esteem



Work on this. A higher self-esteem improves every aspect of your life. It's worth the investment.



## 5. Gratitude



Think about 10 things every morning on the way to work that you are thankful for to really help lift positivity.



## 7. Mindfulness meditation



Set aside 15 – 20 minutes a day to just be. Train yourself to sit in silence with an empty mind. It's surprisingly effective.



Positive Young Minds

## 2. Ditch the guilt



We bury so many of our negative emotions and guilt about putting yourself first is the only emotion you should bury – let the others out!

## 4. Kindness breeds kindness



Try to be a little bit kinder than needed; you don't know what burdens others carry.

## 6. Are you a yes person?



I certainly am. These days I am learning to set some boundaries and if I say yes I try and add a 'but I need these resources: ...'

(usually I need time!).

## 8. Collaboration



From online meets with friends to social media groups; keep socialising before you forget how! Collaboration during lockdown could forge life long friendships.

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