




YOGA WITH ZAZ

5 Steps to Self-Care

1. **DAILY MANTRA** - I AM ENOUGH
LANGUAGE IS POWERFUL, THE WORDS WE USE TO OURSELVES ABOUT OURSELVES ARE AS IMPACTFUL AS THOSE OTHERS USE ABOUT US.
2. **HIT PAUSE & BREATHE** - SIT WITH EYES CLOSED AND TAKE 5 DEEP BREATHS (THIS TAKES AROUND 15 SECONDS, APPROXIMATELY THE TIME THE BRAIN NEEDS TO INHIBIT THE RELEASE OF STRESS HORMONES INTO THE BLOODSTREAM)
3. **SELF HEALING TOUCH** - IN ADDITION TO RUBBING YOUR TEMPLES TO RELIEVE STRESS OF HEADACHE, PRESS THE SPACE BETWEEN THUMB AND FOREFINGER, OR RUB HANDS TOGETHER RAPIDLY AND THEN CUP THEM OVER YOUR EYES
4. **COMMIT TO MOVE** - MAKE AN APPOINTMENT AND COMMIT TO KEEPING IT TO TAKE AT LEAST 5-10 MINUTES TO MOVE YOUR BODY EVERY SINGLE DAY. GO FOR A WALK, DANCE, DO SOME YOGA, IN A CLASS, ONLINE, OR SUN SALUTATIONS AT HOME...
5. **NOURISH** - PREPARE SOMETHING DELICIOUS TO EAT, DRINK MORE WATER AND GET ENOUGH SLEEP. YOUR BODY HOUSES YOUR SOUL - TREAT YOURSELF AS YOU WOULD A SOMEONE YOU TRULY CARE ABOUT

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Daily Mantra & Affirmations



When we use positive language to ourselves about ourselves we are essentially "brainwashing" ourselves into believing these positive statements, just as much as the reverse is true.

As such, the words we use to talk to and about ourselves - whether those are words we speak aloud to other people or even our thoughts, words are INCREDIBLY powerful.

Daily affirmations or mantras can become like shields, to deflect the negativity that often rises up, and to reinforce positive attitudes and self-love, encouraging a mindset that minimises judgement, and promotes compassion and forgiveness of the self.

Here are 7 affirmations for you to use whenever and as often as you wish - ideally repeat your affirmation every day. It can be the same one, or the one that resonates with you and your energy on that particular day. Write it down and stick it somewhere you'll see every day - inside a cupboard, on a notebook, a mirror, wherever works for YOU.



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Daily Mantra & Affirmations

I suggest that you repeat your affirmation at least 3-5 times, breathing in and out deeply, visualising the words embedding themselves into every cell of your body... almost like a tattoo on the skin. Use them as they are, or perhaps they may lead you to find other words that resonate for you. All that matters is that you keep it simple and that they make your heart and soul light up and tune in.

- I AM ENOUGH
- I AM CONNECTED AND POWERFUL
- I AM ALIGNING TO MY MOST POWERFUL AND AUTHENTIC SELF
- I AM OPEN TO OPPORTUNITY AND TO LEARNING
- EVERY POSSIBILITY RESIDES IN ME
- I AM EVOLVING AND HEALING
- I AM CONTINUOUSLY GROWING AND DISCOVERING MYSELF