

...from ***The Art of Extreme Self-Care***

by Cheryl Richardson

- ♦ Take radical action to improve your life and engage in daily habits that allow you to maintain a new standard of living
- ♦ Surround yourself with people who are:
  - smart
  - caring
  - self-aware
  - only interested in two-way relationships
- ♦ Take bold steps to eliminate clutter from your life
- ♦ Create a soul-nourishing work and home environment
- ♦ Get your finances organized so you have choices about how to live your life
- ♦ Avoid making any commitments whatsoever out of guilt or obligation