

- Hope for the best and prepare for the worst
- We need to reframe keeping ourselves mentally strong
- Self-care is not selfish
- You only get one you - why would you put you at the back of the line
- What am I willing to do to walk away from something that doesn't serve me anymore?
- We are doing our daughters a huge disservice, if we don't teach them how to question
- Learn to not care if someone is cross with you
- Stop and think "What works for me, and what doesn't work for me"
- If you're feeling stuck, firstly acknowledge it
- Buy a notebook, and start writing what you want your life to be. If you find it hard, make a list of what you don't want your life to look like, and then flip it round
- Once you have this, you have some goals that you can work towards, and the minute you start working towards a goal, you're not looking at the problem anymore. You're looking at the solution. And you instantly feel better