

Empowering girls to build close and caring connection with themselves

# Cultivating Self-Connection

## What is self-connection?

Self-connection is the ability to know, accept, and love yourself. It is the relationship you have with yourself, and this requires time, effort, patience, and practice to get to know all of you – your whole and authentic self! This is an on-going process as you grow and change.

## How can you connect with yourself?

- Make and take time for yourself – time to think, to feel, to day-dream, to plan, to reflect, to reset, to restore, etc.
- Prioritize yourself and meeting your basic needs – sleep, nutritious foods, water, and rest – before meeting the needs of others
- Take really good care of yourself – use kind words, forgive yourself, learn from mistakes, trust yourself, love all parts of you, show yourself compassion and tenderness, and stay close and connected to you
- Take care of your additional needs – you may need a hug, a bubble bath, some play time, some adventure, or some downtime
- Get to know yourself: what are your favourite and least favourite things, what do you love to do and hate to do, what matters most to you and what moves you; what bothers you, stresses you out, and makes you afraid or worried...
- Embrace your uniqueness and what makes you different
- Embrace your similarities with others and what makes you the same
- Consider all of you: your emotional, mental, physical, spiritual, and social self and be intentional about exploring all parts of you