

THE TEN MENOPAUSE COMMANDMENTS



Work out what nourishes you



Let go of what no longer serves you



Remember this is your journey (stop comparing yourself to others or your old self)



Identify what you can change, accept what you can't



Be experimental and open to discovery



See change as a series of steps that you can walk at your own pace



Celebrate your wins



Carve time out daily for self-care



Be kind and compassionate to yourself and others



Invite gratitude into your life