

# 10 WAYS TO BE MORE INDEPENDENT



## FIND A HOBBY THAT YOU ENJOY

Codependent individuals often lack a sense of self. Finding activities you enjoy doing alone can help you get to know yourself and find out what you're passionate about.



## GET TO KNOW YOURSELF BETTER

If you feel that you've been losing yourself lately, it might be because you are focusing a lot of your energy on someone else. It's time to check in with yourself. Take some time out to reflect on your thoughts or feelings - meditation is a great way to do this.

## LOOK AFTER YOURSELF

Being independent means being able to take care of your mental and physical health. Eating well, staying active, getting good quality sleep and doing things that make you feel good are key for a strong, healthy mind.



## MAKE YOURSELF UNCOMFORTABLE

It's much easier to remain within the boundaries of where you feel comfortable but by limiting yourself to what you already know, you're likely missing out on opportunities, life experiences, and personal growth. Sitting next to someone new in class, trying a new workout or giving public speaking a go are great ways of pushing yourself out of your comfort zone and boosting your confidence.



## MAKE YOUR OWN DECISIONS

So often we crowd source decisions that we could easily make on our own. Sure, it's helpful to get someone else's opinion every now and then, but sometimes it just inhibits you from being confident in your own judgments.



**How many decisions have you made on your own today?**

## DON'T JUST FOLLOW THE CROWD

Having different opinions, hobbies or interests is what makes us unique!



## Start taking on more responsibility



## SET GOALS FOR YOURSELF

Regularly having small goals to work towards shows that you are independent and helps to provide stepping stones for the future.



**Cook for the family**



**Get a weekend job**



**Manage your own pocket money**



**Take on some chores**

## SPEND TIME ALONE

Spending time alone can help lower levels of depression, increase self-esteem, and build stronger emotion regulation skills. Solitude can help develop these skills without reliance on another person to know your thoughts, values, and feelings.

