

7 Step Guide to

Multipassionist's Self-Care



Author



My name is Daria Molnár and I am a multidisciplinary artist, healer and multipassionists' mentor.

I am also:

- a mother to a beautiful little girl,
- wife to one amazing man,
- almond butter binger
(oh boy, I could eat an entire jar at once),
- soul of Czech-Russian origins
currently residing in Budapest, Hungary.

My passions combined with my natural ability to read gifts in other people's souls and direct them in the right way to use them, has put me on the so far most exciting journey. A journey of guiding my fellow multipassionists towards uncovering their True Self, manifesting their highest potential in everyday life so that they too can spread their wings and fly!

Has it always been this way? Of course not! I have gone through ups and downs, challenges and doubts about my calling. If you want to know more about my story, head over to [this page](#).

But now enjoy this ebook which I am sending to you **with all my love**. I hope it will give you exactly what you need right now.

PS: Feel free to print out the summary in the end and stick it to your fridge or screenshot it and use it as wallpaper to boost your multipassionate days.

1. Be Kind to Yourself. Always.

No matter if you are currently on a wave of success or you feel like everything is falling apart in your life. No matter where you are in life, always, always, always, be kind to yourself.

That means you commit and stop criticizing yourself, once and for all. That means you ban the negative self-talk and will not allow yourself to judge *you* for *being you*. Instead, no matter what, be kind and find compassion for yourself.

HOW TO PRACTICE THIS

Every day there are many opportunities for small or bigger acts of self-kindness. How about starting a day with appreciating yourself for simply being?

Or dedicate a week or two for mirror work. On such a week, every day you pass by a mirror, stop, smile at yourself and say something nice to yourself. Simple reminders like “You look great today!” or “You are awesome” will do the magic.

Go on a social media diet. Detox your body with healthy food and drinks. Rest regularly and properly by taking long enough breaks. And if things still don't seem to go the way that you want them to, don't beat yourself up for it. Instead, find compassion for yourself.

You are always doing your best with the knowledge, skills and possibilities that you have in the given moment.

2. Don't Give a F♥ck

A simple rule which I highly recommend adopting. Put into less strong words: **don't be careless, just care *less*.**

We tend to care too much about what other people think and say. We can often feel judged for juggling too many passions at a time but guess what? It's only up to us whether it will get us down or not.

Stop caring. Simply don't give a f♥ck, my lovely. Do your thing and don't let anybody mess with your flow. You're here for a reason, your Soul has a special calling that only You can truly understand and more importantly, fulfil.

HOW TO PRACTICE THIS

If you choose to practice this principle, you can do so very easily. For example, practice on your creations. Whenever you have something to share with the world, share it. But don't care about what people will say about it. Simply don't give a f♥ck. People are loving it? People are hating it? Let it make no difference to you.

Practice caring less, stay in your flow and give non-biased (neither positive or negative) feedback to your work. This way, you'll be much closer to your True Self.

3. Practice Mindfulness

Mindfulness is one of the keys which open the door to multipassionist success. I really believe that there is no better way to embrace our passions, find our true calling and succeed in life than being mindful.

Being mindful to our thoughts, to our desires, to our emotions of all kind is what brings us closer again to our True Self. And our True Self knows exactly what and how we should do to make all of our dreams come true.

HOW TO PRACTICE THIS

There are many ways and options to practice mindfulness. One great way is journaling, there is simply enormous power in putting your thoughts on a paper. I myself swear by morning journaling, it has transformed my life and I know I am not the only one.

You can also practice mindfulness in meditation, by letting yourself get fully absorbed by the present moment.

Anytime you feel like you are getting further from your True Self, intervene, take a moment, go grab some fresh air and observe. Simply watch what is happening inside of you without any judgment. Imagine you are a bird flying far above you and just watch the situation from a high perspective. This will help you understand yourself (and others) better, identify your needs and what is it that you really want.

4. Stop Proving Yourself to Others

Making your Mum happy. Making your Dad proud. We all have these needs as we all have an inner child within which needs to be fully accepted and – approved, validated. No problem with that, no need to blame our parents, no one is to blame here.

The only thing we need to do is to acknowledge the presence of our inner child in our life, communicate with it and most importantly, **accept our adult role and approve of us ourselves**. That way, we won't need the approval of anybody else and our multipassionate lives will be endlessly freer.

So, my dear multipassionist, stop proving things to others, stop seeking that validation which is already inside of you. Hug your inner child, tell them how amazing they are and rather have fun together!

HOW TO PRACTICE THIS

Whenever your inner child seeks external validation, acknowledge it (staying mindful is key, remember). Accept it, understand it and cover it with love. You may cry a bit together, you may want to re-read some positive feedback you've previously received, you may want to simply play together. Tune in into what your inner child needs and give it to it. Comfort it, be there for it and this heavy cloud shall pass with ease.

5. Be Bold and Say YES!

Being a multipassionist, we usually meet with a lot of interesting opportunities. Often, we stay in our comfort zone simply because we fear leaving something we know, something which feels safe. But did you know that the real magic always happens outside of our comfort zone?

HOW TO PRACTICE THIS

No need to turn into a Jim Carrey “Yes man” character but get inspired! What if you said YES this time to something you’ve been saying NO to? And what if you do that with a different mindset? Instead of being fearful of what it will lead to, get curious about it! You will see that this shift in your approach will change everything.

An interesting job opportunity you are afraid you couldn’t handle (and your intuition likes, but your ego is talking you out of)? A new pottery course just opened in your neighborhood and you would still say no despite your long-term dream to make your own dishes?

Practice on situations like this and SAY YES! Find the courage and remember: **There is no such thing as a failure. There is only *feedback*.**

6. Be Bold and Say NO!

Just like saying YES is important, so is saying NO. Saying NO is actually crucial in a multipassionist life as if you don't learn to say no, you will get very overwhelmed, exhausted and distant from your True Self. And that's just not worth it.

Saying NO however is not meant for new opportunities only. Saying NO is often even more important to something ongoing. It can be getting out of touch with a toxic friend, who is not really a friend as they only care about themselves, they withdraw your energy with their negativity and you need days to recover after meeting them. It can be saying NO to an ongoing cooperation which sucks you dry. And most importantly, it can be saying NO to something GOOD when your Soul wants to leave that for something GREAT.

HOW TO PRACTICE THIS

Think about your current activities and responsibilities, list them on a piece of paper. Which of them sucks you dry? Be bold and Cut them off. Something doesn't feel good? Don't do it, say NO. Your self-care is priceless and there is nothing more important than you having the time and energy for the right things to do which are in harmony with your Soul.

7. Take Action

Yes, having the right mindset is crucial. Yes, being energetically aligned with your desires is important. Yes, studying, reading, getting inspired by others is all important. But all of this has no actual power in your life if you don't take action.

Taking action is that part of you which is in complete harmony with your multipassionate soul. You are simply a doer by nature and your task is to follow the lead of your Soul. In other words, make it happen!

HOW TO PRACTICE THIS

Well, taking action is best practiced by taking action :-). May the mindset of the strongest girl in the world, Pippi Longstocking, help you get your things going! I love this quote of hers: *"I have never tried that before, so I think I should definitely be able to do that."* And so are you!

Take action, my darling multipassionist. Even small steps count, just keep going, one step at a time. What is it that you are afraid of the most? What is it that you would love to achieve? Embrace it and start doing it, little by little, every single day. Trust that the Universe has got your back!

To Sum It Up?

BE KIND TO YOURSELF

CARE LESS

PRACTICE MINDFULNESS

STOP PROVING YOURSELF

BE BOLD AND SAY YES!

BE BOLD AND SAY NO!

TAKE ACTION

I Am Here For You

Thank you, my dear reader, for making the decision today to read this ebook and make another step towards your freedom. I hope these seven steps to multipassionate's self-care will help you just like they've helped me and many other talented multipassionists!

But let's keep in touch! I am waiting for you in my amazing group - [Marvellous Multipassionists](#) where we'll address a lot of interesting topics you will surely benefit from. We can also meet on [Instagram!](#)

If you are ready for another step in your multipassionate career, make sure you explore my [1:1 mentoring services](#).

Much Love xx,

Daria

