

My Self-Care Plan*

When we do not take care of ourselves, we think, see and act through a filter of depletion, exhaustion, and frustration. We expect the results of our actions to give us back what we need; we block the flow of joy. We are not in our best energy. When we take charge of taking care of ourselves, we no longer look to the animals, people or events for replenishment. By simply sharing our gifts, we naturally transmit our best energy and the flow of joy.

1. How would you like to start your day? (examples: a mantra, a poem, song, yoga, stretch, a reading, deep breathing, prayer, quiet cup of coffee)
2. What do I need to add to my day? What do I need to subtract?
3. Can I ask for help to lessen the load today?
4. Take a break, plan a pause, create some space.
5. Are there some steps to take today toward making a bigger change?
6. Do I need to say "no" to something?
7. Am I nurturing body, mind and soul?
8. Brainstorm: What have I really enjoyed doing in the past that I would like to bring back into my life?(examples: naps, walks, biking, music, reading in bed, baking, more time with my own furry family)