

YOUR SELF-CARE WORKSHEET

The purpose of this worksheet is to help you make yourself and your self care a priority on your own agenda by getting clear on where you are currently spending time, what is important, what needs to stay and what can make way for some serious YOU time!

And remember 'serious me time' does not equate to 'time consuming me time', we are looking to find just 16 minutes to practice quality, effective self care designed to make a real and sustainable impact on our long term health, happiness and wellbeing.

Ready to face your own reality and get started on creating a more personally nurturing and beneficial one?

Let's do this!



From the moment you wake up to the time you go to bed make a list of all the activities you are squeezing into your day.



Now put a STAR against each of the above activities that contribute to your personal sense of **care, nurture, & wellbeing**. (it's okay if there are none right now, this is what we are here to fix today)



Next make a note of all the items that are not working in your life right now and start to circle the activities from the above list that are contributing to this.



Really look at this list and start to think about the reasons these things are not working - jot them down.



NOW its time to turn this on its head and look at it from your perspective by listing down all the things you NEED in order to feel fulfilled, energised and in full command of your health, happiness and wellbeing.



From the above list choose your top 3 priorities

1. _____

2. _____

3. _____



Next start to think about how you can achieve these - what are all the things you need in order to practice the above activities.



Looking at your daily schedule what time can you allocate to your self care and at what time of the day - if your day is back to back overscheduled like most peoples, get real and get brutal.

This is a battle for you so be brutal, there will absolutely be things on that daily task list that you can **axe, delegate, reschedule or **simply let go** of what you need to in order to make that much needed time to make your self care not just a priority but a reality**



Looking at your daily schedule what time can you allocate to your self care and at what time of the day - if your day is back to back overscheduled like most peoples, get real and get brutal.



What can you do to anticipate and mitigate these roadblocks?



What roadblocks can you foresee that might get in the way of you making self care a regular part of your lifestyle.

And now the fun begins! Let your imagination flow as you think about the kind of activities that would bring you **peace, happiness and a **sense of wellbeing**.**

Aim for a realistic and personally meaningful mix of activities. Remember this is about you, there are no expectations or right or wrong activities - when in doubt choose things that light you up the moment you even think about them!

And just to help you get into the zone I have created a list of self care practices and rituals that have all contributed to my personal health, happiness and wellbeing over the years.

Say NO
Say YES
Meditate
Practice Mindfulness
Go for a walk
Spend time in nature
Spend time with your pets
Take a bath
Light some candles
Ditch your toxic friends
Rip up the to-do list
Plan a regular and achievable schedule
Get organised
De-clutter your space
Spend time with friends and family
Write a gratitude list
Detox your social media habits
Try yoga
Cuddle more
Book a massage
Get a blow dry
Give yourself a facial
Listen to your favorite music/podcast/
audiobook

Try reflective journaling
Create a retreat day at home
Buy an adult coloring book
Sit in silence
Go to the gym
Bake
Practice small acts of kindness
Smile at strangers
Give your time to someone that needs it
Practice mindful breathing
Work with a coach
Live authentically
Eat your favorite food
Go on a retreat
Watch your favorite film
Dance
Stop caring about what others think
Detox your skincare routine
Invest in quality skin care products
Give yourself a pedicure
Take a nap
Take a course
Sleep in and stay in your pj's all day
Read a book

[illegible]



If you know you are ready to go deeper into
your self care, take the next step and
[book a clarity call](#) to learn more.

