

1.) Stream of Consciousness

List all of the things that come to mind when you think of self-care—the big stuff like vacations, spa days and retreats, to simply getting a shower, brushing your teeth, keeping appointments, eating breakfast...

2.) Pick Three

Revisit this list and pick three:

1. "I've got this"—
2. "A little help here"
3. "I wish"



3.) **Strategize**

Write down a few strategies or actions to make each one these a reality. Do you need to ask for support? Do you need to schedule it? Purchase a tool, book, resource, app, exercise equipment, outfit? Book a class? Do a bit of research? Talk to someone? Set an alarm as reminder, schedule into calendar? Write all these thoughts here...

1. "I've got this" Strategies/Actions:

2. "A little help here" Strategies/Actions:

3. "I wish" Strategies/Actions:

4.) **Joyful Non-Negotiable**

Pick one thing that's your non negotiable—maybe just for today or for this week. What's your Joyful Non-Negotiable?

5.) **Commit**

In a sentence or two, write what you will commit to and make this promise to yourself. Start with one thing on one day...

Revisit this exercise regularly to continue to evolve your practice of Self-Care

