



SELF CARE CHART



REFUEL, RESTORE AND REJUVENATE

What percentage of YOUR time do you Refueling
and Restoring your energy with restful activities that YOU enjoy!

If you're like me, I used to think that the most challenging aspect of self care was finding the time to focus on myself, when the real obstacle was that I hadn't made my needs a priority. Taking care of yourself requires that you not only become mindful of your need for time, but that you see it as a priority.

*We can all recite the self care checklist:
get enough sleep, eat well and get exercise,
but if you where to ask yourself "what do I need today"
what would be on your self care checklist ?*

Find out what works for you and start scheduling it in by developing daily self care routines and activities that are both enjoyable and do-able. By using this chart to track of how your time is being spent, you will have created a visual representation of your self care practices. When the chart is completed then you can decide whether or not you are spending enough time making decisions that benefit your well being. If not, what shifts are needed that will benefit you?

Consider the saying, "little things mean a lot" when blocking out time for yourself.

Here are some self care tips that I enjoy and maybe you will like them to:

- ~ Spending time with my pets.
- ~ Soaking up the sun in my lounge chair.
- ~ Letting go and Laughing: listen to CD's (comedies are my personal favorite).
- ~ Reading a book (a cheap way to take a vacation).
- ~ Talk with Friends (Unload with an old fashion session).
- ~ Rejuvenate with sleep and nutrition (good old fashion fattening deserts)
or maybe by make that hair/nail appointment.

