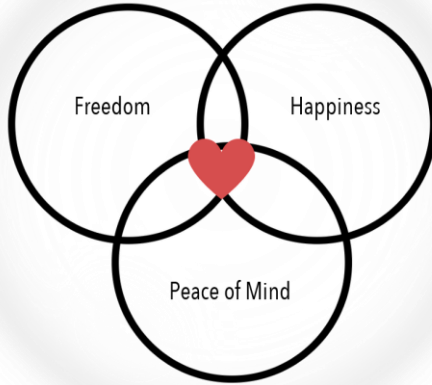


SELF-CARE
[MADE SIMPLE]
Explorations

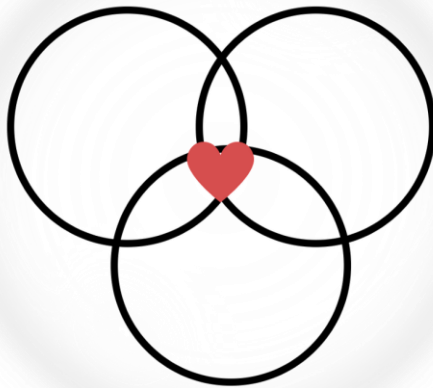


TOWARDS THE LIGHT

TOWARDS THE DARK



WHAT YOU WANT
(Bubble of Freedom)



WHO YOU COMMIT TO BECOMING
(Your Forever Self)



Out with the *Old*, In With The *New*:

★ The *Repair Mentality* You're Saying "Goodbye" To:

★ The *Care Mentality* You're Saying "Hello" To:

Health: *Re-Defined*

What's YOUR new definition of health? What definition of health do you personally need so that it A) Resonates and MOVES you and B) Actually takes care of your 3-Dimensional self? (THINK: Health is 3 Dimensional. It's Physical, Mental, and Social-Emotional). Use the space below to re-define 'health' in your own words.

Self Care Forever

Part 1: Physical Health

- What does your 'Forever Self' need for optimal Physical Health?
- From the inside-out (food and emotions)
- From the ground-up (your physical body, movement, and physical self-care)
- In other words, what is she ideally FEEDING her body now...and forever?

Self Care *Forever*

Part 2: Mental Health

- What does your 'Forever Self' need for optimal Mental Health?
- How does she handle stress? How does she NOT handle it?
- How does she manage her 'state'? (React less, respond more)
- What 'therapy' does she need that she can provide to herself naturally through meditation, movement, writing, or any other outlet?
- How is she talking TO herself or ABOUT herself?

Self Care Forever

Part 3: Social/Emotional Health

- What does your 'Forever Self' need for optimal Social/Emotional Health?
- How does she connect to herself? (Self-Love)
- How does she connect to OTHERS? (Feed her brain with connection)
- What 'healing' does she need to commit to in order to overcome her mindless, emotional, stress, and compulsive habits?
- What is she committed to? (That line in the sand!)

New Intentions

(Self Care Made Simple.)

★ The new conversation about my Physical Health is:

★ The new conversation about my Mental Health is:

★ The new conversation about my Social Emotional health is

★ The new 3-D conversation about my body and health in general is:

Audit Yourself:

(Scale of 1-10: 1 = Not-So-Great, 10 = Amazing!)

AWARENESS

★ Currently I feel that I would 'score' myself as a _____
when it comes to my Physical Self-Care

★ Currently I feel that I would 'score' myself as a _____
when it comes to my Mental Self-Care

★ Currently I feel that I would 'score' myself as a _____
when it comes to my Social/Emotional Self-Care

BRAIN AUDIT

How Healthy Is Your Noggin?

On a scale of 1-10 (10 being the BEST, 1 being the WORST), how would you rate yourself for each of the following categories?

___ Getting Micronutrients from food on a regular/daily basis? (vitamins and minerals)

___ Sleepful sleep (do you get ample sleep? sound sleep? refreshing sleep?)

___ Breathing (How well are you breathing? Are you conscious of it? Do you practice breathing?)

___ Pain/Comfort/Stress on body/How movement feels (In general how's your body feel and move?)

___ How stressed are you on a day to day basis? Do you constantly feel like there's never enough time in the day or like you never have a spare moment?

___ Social connection (Do you feel connected socially? This could mean in your personal life, relationships with work people, communities you are a part of, etc. How satisfied are you in this department?)

___ Heart + Soul Connection (This includes your romantic and intimate relationships, your family, your children. How satisfied are you in this department?)

___ Meaningful work (this includes your professional work, charity work, being a mom or caretaker, your 'art' or passion. How satisfied are you in this department?)

___ Your self-talk (body image, self image, self esteem)

___ Mind/body awareness

___ Mind/body connection

New + 1 Intentions

(Identify Low-Hanging Fruit)

★ The easiest ways to +1 my Physical Health are:

★ The easiest ways to +1 my Mental Health is:

★ The easiest ways to +1 my Social Emotional Health are:

Working in Minimums:

(Choose, Decide, Commit for the next 7 Days)

★ MY PHYSICAL +1:

★ MY MENTAL +1:

★ MY SOCIAL/EMOTIONAL +1: