

Give To Your Self

Self-Care Routine #4: Recovery Is My #1 Priority!



SELF-CARE is a proactive practice – when you are “filled from within,” you can more effectively give to others throughout your day, and be better prepared to handle any challenges which come your way.

Reflect about the four aspects of your Self (SOUL-HEART-MIND-BODY) and what SELF-CARE means for each:

SOUL
HEART
MIND
BODY

Now that you know WHAT you intend for Self-Care, consider WHEN/HOW you’ll implement it:

DAILY SELF-CARE INTENTIONS:

WAKING
MORNING
BREAKFAST
LUNCHTIME
AFTERNOON
DINNERTIME
EVENING
BEDTIME

WEEKLY SELF-CARE INTENTIONS:

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

LONG-TERM SELF-CARE INTENTIONS:

MONTHLY
QUARTERLY
YEARLY