

- 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



DEIDRE DATTOLI

If you know you are ready to go deeper into developing a mindful practice, take the next step and book a clarity call to learn more.

CONNECT WITH DEIDRE TODAY.



DEIDRE DATTOLI

Certified Transformational Coach