YOUR SELF-CARE WORKSHEET

The purpose of this worksheet is to help you make yourself and your self care a priority on your own agenda by getting clear on where you are currently spending time, what is important, what needs to stay and what can make way for some serious YOU time!

And remember 'serious me time' does not equate to 'time consuming me time', we are looking to find just 16 minutes to practice quality, effective self care designed to make a real and sustainable impact on our long term health, happiness and wellbeing.

Ready to face your own reality and get started on creating a more personally nurturing and beneficial one?

Let's do this!

From the moment you wake up to the time you go to bed make a list of all the activities you are squeezing into your day.

Now put a STAR against each of the above activities that contribute to your personal sense of care, nurture, & wellbeing. (it's okay if there are none right now, this is what we are here to fix today)

Really loo jot them (k at this list and start to think about the reasons these things are not working down.
down all t	time to turn this on its head and look at it from your perspective by listing the things you NEED in order to feel fulfilled, energised and in full command of th, 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

of these precious moments dedicated to YOU!							







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