

Jen Kagan

Recharge and Thrive

Spotlight on Self Care
Through Ayurveda & Yoga



JOURNALING PAGE

Why it's important to prioritize my health. (YOUR BIG WHY)

What are the obstacles?

What do you need to overcome these obstacles? What do you have in place? What do you need?

JOURNALING PAGE

What is working in my life:

What is not working - areas of change

Thoughts that are not helpful

Flip them to helpful thoughts

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JOURNALING PAGE

Diet/Nutrition/Eating Habits/Hydration

Sleep - What time do you wake up, go to sleep, quality of sleep.

Lifestyle/Hobbies/Energy you are surrounded by/Support system

JOURNALING PAGE

I am (describe yourself in elements, animals or dog breed or any adjectives you want)

My digestion is:

My sleep is

JOURNALING PAGE

My lifestyle is (hobbies, what you listen to, who you hang out with, where you spend your time) How do you feed your senses?

Areas I want to change:

1-2 things I can start to change/do/implement for the next month

10 ENERGY GIVING ACTIVITES

- _____
- _____
- _____
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10 ENERGY DRAINING ACTIVITES

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HOW I CAN IMPROVE MY SLEEP

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HOW I CAN IMPROVE MY DIGESTION

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HOW I CAN IMPROVE LIFESTYLE CHOICES/WORK-LIFE BALANCE

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Self-care Practices

Physical

Emotional

Energetic

Professional

Nutrition/Diet/Eating Havits

Sleep

Other

Daily Ritual

Month _____

Morning Tasks	S	M	T	W	T	F	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Night Tasks	S	M	T	W	T	F	S
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Work – Life Balance

Health and Fitness

Friends and Family

Romance Relationship

Fun and Recreation

Spiritual

Personal Development

Other

MY YOGA JOURNEY



Mon

Tue

Wed

Thu

Fri

Sat

Sun

How I feel after today's yoga practice

Yoga poses I did

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Yoga poses I want to try

Journal

DATE: _____

S M T W T F S

THINGS I'M GRATEFUL FOR TODAY

- _____
- _____
- _____
- _____
- _____

NOTES

THOUGHTS THAT ARE HELPFUL

- _____
- _____
- _____
- _____
- _____

GOALS I ACHIEVED TODAY

- _____
- _____
- _____
- _____
- _____

THINGS I WANT TO IMPROVE

- _____
- _____
- _____
- _____
- _____

DINACHARYA

- Awake - before or at sunrise
- Drink glass of room temp water
- Walk 30 minutes, Yoga, Meditate
- Breakfast- 7am Lunch- 12-2 pm Dinner- 5-7pm
- Spend time with family or doing something you love.
- Turn off devices 1 hour before bed
- Create a nighttime ritual
- Sleep before 10:30

ABHYANGA

Self Massage with oil (sesame or coconut) - video link

Massage Feet

Soak feet in sea salt

Head and neck self-massage

Yoga Asana Notes

RESOURCES

YOGA FOR SIGN LANGUAGE INTERPRETERS

FREE FACEBOOK GROUP-
[BIT.LY/YOGATERPS](https://bit.ly/yogaterps)

RECHARGE AND THRIVE STRATEGY SESSION

FREE SESSION FOR A PERSONALIZED PLAN AND
STRATEGY TO START FEELING BETTER TODAY.

SIGN UP THIS WEEK.

