

SELF - CARE SYSTEM CHECKLIST

Different Strategies to Boost Your Self-Care

All too often we're busy. Stressed. There's just too much going on in the day and we're already short on time. We're not as fine as we like to pretend we are. If we're honest, we're probably not spending as much time on ourselves as we ought to. In short, we're neglecting self-care.

When Self-Care Suffers:

- You're sick more often.
- Your quality of work suffers.
- You feel overwhelmed.
- You wake up tired, even after a full night of sleep.
- You forget what you're about to say.
- You miss deadlines.
- You find yourself isolating and avoiding social situations.
- You're cranky or feel "off."
- You snap at people.
- Simple tasks seem to take a lot of effort.
- You forget little things, such as returning library books.
- You're dragging yourself through the day.
- Decisions become really difficult, even simple ones.
- You're worried or anxious though you're not sure why.
- You can't sit still.
- You're not eating right, either too much or too little.
- You're not following through on promises.
- You're ignoring things you used to enjoy, either through lack of interest or energy.
- You've lost enthusiasm.

Let's now look at different strategies to boost your self-care over the next 12 months.

January: Sleep

- Get more natural light
- Avoid caffeine
- Avoid blue light
- Follow a bedtime routine

February: Eating Right

- Hydrate
- Focus on whole Foods
- Limit Sugar
- Process Your Feelings

March: Exercise

- Take an assessment of where you are at
- Set a goal
- Create healthy daily routines
- Track and adjust

April: Setting Healthy Boundaries

- Create a list of your boundaries
- Learn how to respond to people who test them
- Be direct more often
- Don't feel guilty

May: Treat Yourself

- Take a luxurious bath
- Have a night out
- Spoil yourself
- What have you always wanted?

June: Practice Gratitude

- Start a gratitude journal
- Say how you feel often
- Write a note to someone you are grateful for
- Notice the small things

July: Get Outside

- Take a walk
- Play like a child
- Get dirty
- Go stargazing

August: Learn Something New

- Learn a new life skill
- Read something meaningful
- Learn to play Chess
- Enjoy a new culture

September: Relax and De-Stress

- Simply breathe
- Take a step back
- Meditate
- Avoid toxic people or places

October: Work on Relationships

- Establish time together
- Learn how to deal with disagreements
- Surprise your partner
- Don't avoid the awkward conversations

November: Be More Mindful

- Find a comfortable position in a quiet place
- Close your eyes and clear your mind
- Breathe deeply. Focus on your breathing
- Allow your thoughts to drift and go where they will, keeping them in the now as much as possible

December: Reflect

- What worked for you this past year?
- What didn't work for you?
- Are you happy in your life?
- What do you feel proud of?



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