
Sometimes the most important thing in a whole day is the rest we take
between two between two deep breaths Etty Hillesum

Self-Care Plan 2018

Overview- A Self-Care Plan helps you define what you want to do for your own well-being so that you can be the best you can be for yourself and others.

Objectives and Goals-

- Improve well-being and set a schedule in place that helps maintain a Self-Care Routine.
- Do what I love and love what I do
- Develop a plan the will work for me and my lifestyle

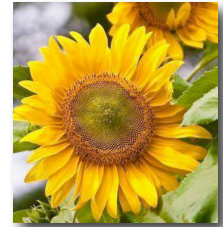
Activities- Plan a wide range of activities that are enjoyable and realistic

Evaluation- Journal daily for 1 year and evaluate progress as follows -

- Weekly for 3 months
- Bi weekly for 3 months
- Monthly 6 months

Adaptations- Modifications can be made at any time a need exists. Journaling should be done daily to accurately account what is and is not working in the plan. If there is a need for a slow down, fine...modify the plan. Don't abandon any component of the plan. Replace an item rather than deleting it altogether.

**Plan for a 24 hour day, include sleep for 8 or 9 hours – If you need help please contact me for a free consultation. Michelle
480-309-5144**



Guidelines for your use /general topics

- Skin, Health and Dental Care
- Pray, Meditate, Mindfulness
- Plan Meals
- Cook for yourself
- Do fun stuff
- Be creative and curious
- Drink plenty of water
- Eat Fruits and veggies
- Eat whole food not processed foods
- Move the body
- Organize and declutter
- Spend time with loved ones
- Stretch
- Enjoy nature
- Read books, magazines and newspapers
- Run if you can, walk if have to, Roll if you need to
- Unplug technology for a while each day
- Pick a motion you can do and do it...yoga and tai chi standing or in a chair may be a good choice
- Work
- Keep detailed calendar
- Cleaning
- Tasks and Errands
- Hobbies

