

FINDING TIME FOR SELF CARE

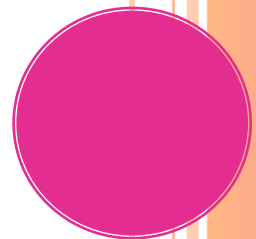
Understanding the cost of self-neglect for you as an individual can be an important starting point for finding the motivation to make changes.

In the space below write down 10 ways in which neglecting your own needs is impacting on you.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

List 10 ways in which your life would improve if you took the time to take care of yourself. What would you feel or think or do differently. What would others observe that was different about you?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



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Write down 3 changes that you would like to make that would improve your health and wellbeing.

1

2

3

Do you need support from someone else to achieve the three goals you set yourself above? If yes who are they?

1

2

3

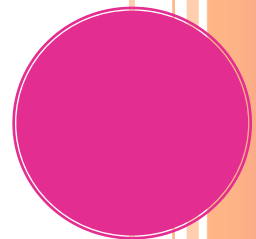
So you now are aware of the impact that neglecting your own needs is having and how much better things will be once you start investing time into your own health and wellbeing. You have identified what you would like to achieve and who can help you. Now you need to literally find or create the time.

To help you to do this I have attached a planner. Use this to identify what you do each day and when you do it. Not what you think happens but what actually happens. This will allow you to identify what must be done, what you could get someone else to do and what you may be willing to stop doing in preference to something else. Really take time and ask does this have to be done this way and am I really the only person who can do this?

For example, you may have to help with providing lunch, or is it possible that one day a week someone else could do it, giving you time to meet up with a friend for lunch.

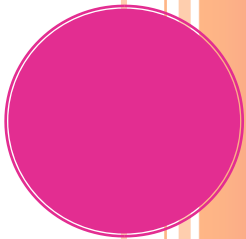
OR

You may currently spend an hour watching TV and decide that doing some exercise would be a better use of this time.



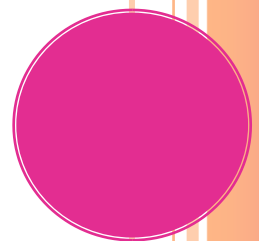
DAILY PLANNER

| | Monday | Tuesday | Wednesday | Thursday |
|-----|--------|---------|-----------|----------|
| 6am | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 1pm | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |



DAILY PLANNER

| | Friday | Saturday | Sunday |
|-----|--------|----------|--------|
| 6am | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 1pm | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |



WHAT NEXT?

If you have completed this workbook you should now have an understanding of

- Why looking after you is important
- What neglecting your own health and wellbeing is costing you
- What you would like to change
- Who can help you
- When you can create some time for you

Now all you need to is get the support you need and take action.

Good Luck



If you are struggling to move things forward and take action, and if you would like some personal support from me with this then please contact me via my [website](#) I would be happy to help

Christine x

