

Inspired Life Self-Care Worksheet

Here's an example of how my routine looks. Fill out yours on the next page...

	REGULAR DAYS	BUSY DAYS
Mind	Meditate for 20 minutes	Meditation 5 minutes
Journaling	3 Gratitudes/3 Celebrations + Journal 1-3 pages	3 Gratitudes/3 Celebrations
Visualization	5-10 minutes visualizing my successes as if I have already accomplished them	One or two sentence acknowledgement of my dreams
Inspired Learning	Watch one Video or article with inspiring ideas for continued learning	
Nutrition	Sit and eat a healthy breakfast in a quiet, peaceful setting.	Organic Burrito/Fruit
Goals	Make a list of what you want to accomplish today. (You will only do 1-3)	Make a list of what you want to accomplish today. (You will only do 1-3)
Movement	Move your body for 30-40 minutes	Stretch and breath deeply for 20 minutes
Grow	Do one thing that scares you or that's out of your comfort zone.	

Journaling: Journal your dreams, your thoughts, your to-do list. Journal about your true purpose, how you can help people, or how you can take better care of yourself. Journal the flowers you want to plant or the gifts you want to give. Journal your dreams. Journal anything. Writing opens the flow of creative ideas.

Visualization: It's important to visualize your successes as if they have already happened. The most important part is to feel the emotion associated with that success. This stretches your brain to already believe this is happening, which stimulates action-taking to get you there.

Nutrition: Take the time to make a healthy meal whenever possible.

Goals: Do the most important thing first and do nothing else until it is done.

Movement: This could be yoga, walking, stretching, biking, sports, skiing, hiking, etc.

Grow: This could be trying something scary in your art, or it could be going to a dinner party with a new group of people. Outside of your comfort zone is where the magic happens. Do something big or small every day to grow.

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Fill this out and hang it on your Fridge so you do it daily.

	REGULAR DAYS	BUSY DAYS
Mind		
Journaling		
Visualization		
Inspired Learning		
Nutrition		
Goals		
Movement		
Grow		

