

The Self Care Planner

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- A gift to yourself

When was the last time you did something for yourself?

There is a misconception that many of us have about self-care. That it is only about pleasure, bubble baths and indulgence. But it goes far beyond. It is about respecting your mind, heart and body. It is about understanding their limits, setting boundaries and honouring each part of ourselves.

Self care is not selfish.

Self care is not about the world revolving around you either! We all hold responsibilities and want to serve those around us, but these actions cannot be fulfilled if we do not take care of ourselves first. Self care is therefore a means aiding us towards better serving those around us. In order to be the best version of yourself for those around you, you need to ensure that your well being is a priority.

“You can’t pour from an empty cup.
Take care of yourself first”

Listen to Yourself

The root of self-care is knowing yourself. This means knowing your body’s limitations, being in tune with your feelings, emotions and thoughts.

Yet due to our fast-paced society and advancing technology, it is becoming more and more difficult to connect with others let alone ourselves.

This planner is designed to help you tune in and connect back to your needs.

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Why do this?

PROACTIVE VS REACTIVE

How often do you respond to emails, texts and others requests?

We live in a reactive state most of the time. From the second we wake up we are flooded with messages, lists of duties and responsibilities to complete for others. Do you check in with yourself and your needs?

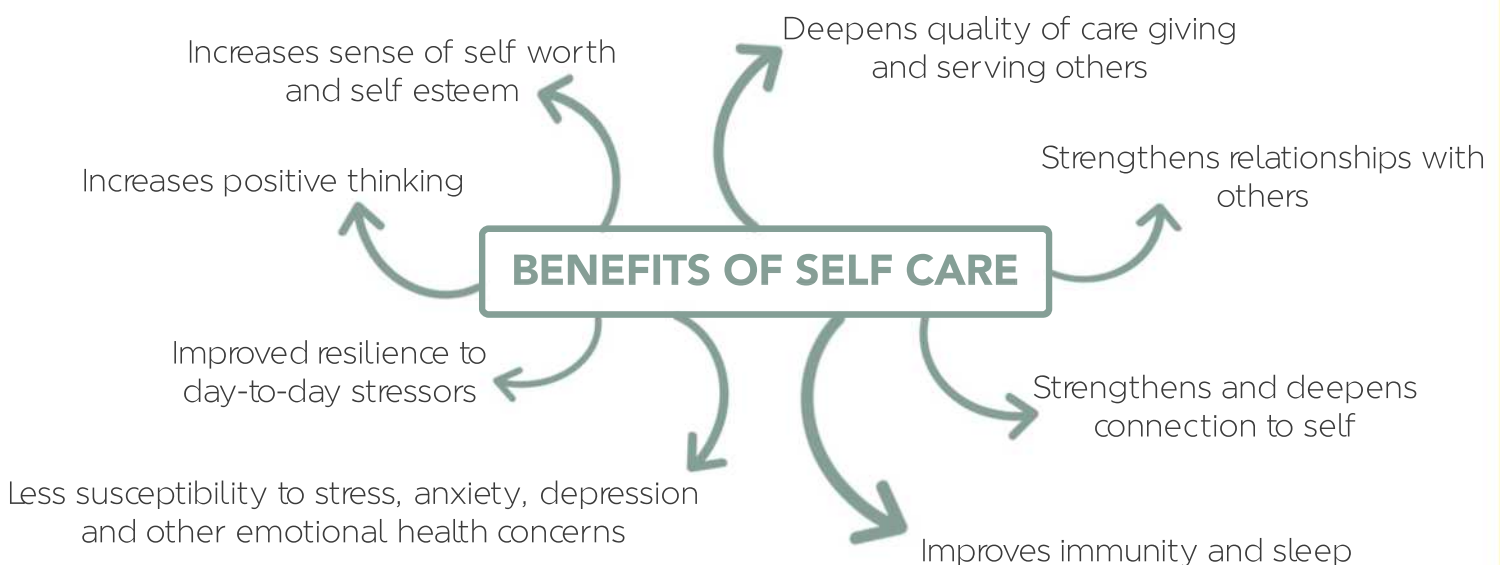
How often do you find yourself hitting complete emotional and physical burn out before finally beginning to take the necessary steps required to take care of yourself?

This planner will help you adopt a **proactive** approach to self care by prioritising and planning it into your day **before** the hustle and day kicks in.

NEUROSCIENCE

Science suggests that during our waking life, we are running on a default belief program 95% of the time. For most people, this default program is based on disempowering, negative and self-sabotaging beliefs.

Neuroscience proves that we have the ability to rewire and create new neural pathways which lead to new default programs and beliefs. This daily planner will help you re-wire these negative programs into **empowering** and **positive** ones to help you reach your goals whilst taking care of your own needs.



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Why write this down?

Research has found that writing is more powerful and connects differently with the brain for reprogramming positive change.



Why commit to doing this every day?

“Consistency is the mother of mastery”

- Robin Sharma



Neuroplasticity is the brain's ability to change itself by forming new neural connections, but consistent repetition is needed to form and rewire these new pathways.

Commit to doing this for 30 days for 5-10 minutes daily to install this new habit.

When do I do this?

It is best to complete in the morning to help you schedule actions of self care throughout your day.



Consider this a contract to yourself.



This makes it an official commitment.

The subconscious mind responds to imagery, visuals and rituals such as contracts. Having this as a promise and commitment to yourself will help break through resistance, installing roots for positive transformation.

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I PROMISE THAT I WILL BE GENTLE WITH MYSELF TODAY.

HEART

What can I do today that will make my heart full?

e.g. more time with family or pets, cuddling, gratitude

Today I will make my heart full by:

BODY

How can I honour my body today?

e.g. hydration, exercise, skin care, nutrition, fresh air, walks

Today I will honour my body by:

MIND

What can I do to feed my mind today?

e.g. read, meditation, rest, listen to a podcast

Today I will feed my mind by:

What do I deserve today?

e.g. take it easier, say NO, spend time for me, eat a healthy meal, time for my dreams

Today I deserve:

What will I remind myself when I catch myself thinking negatively?

do not over think this

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