

FOCUS

As you begin mapping out your Self-Care plan, go easy on yourself. There is no rush, you don't have to be critical with yourself. Just observant. Allow yourself



time to find your flow and as you commit to your Self-Care everything that is just right for you will begin to emerge. This is not about perfection, but about cultivating and nurturing flexible ways to fit sensible Self-Care into the fabric of your day to day life and achieving a new level of personal best!

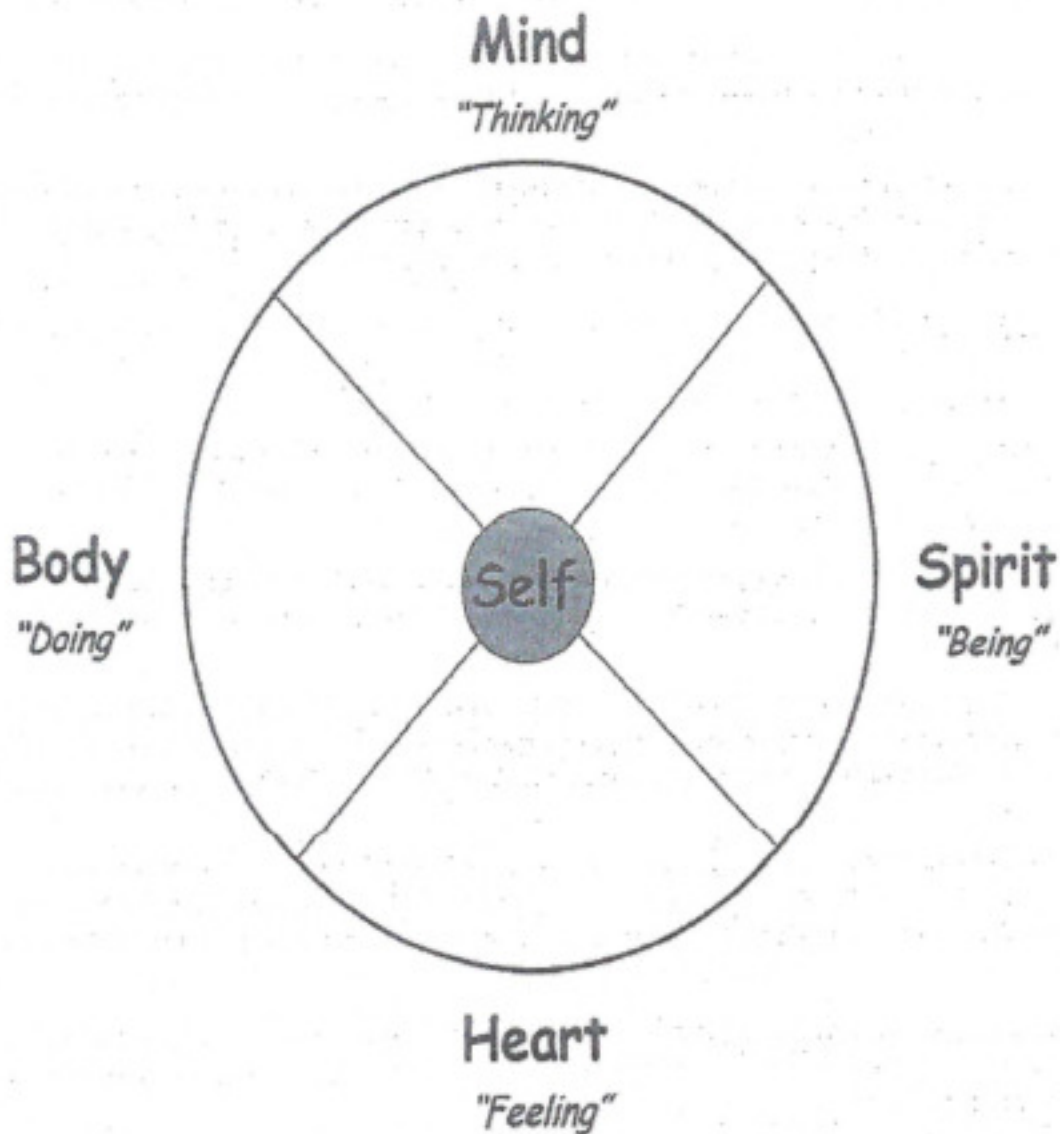
Practice

As you begin building your focus and priority around your Self-Care plan, you will begin to not only feel the benefits, but a pattern of well-being will emerge that begins to yield undeniable evidence that what you are doing is having a positive effect, not only for you, but for those around you as well. The best way to practice Self-Care is to just get started. You GOT THIS 😊



Practice

As you begin building your focus and priority around your Self-Care plan, you will begin to not only feel the benefits, but a pattern of well-being will emerge that begins to yield undeniable evidence that what you are doing is having a positive effect, not only for you, but for those around you as well. The best way to practice Self-Care is to just get started. You GOT THIS 🧘



Weekly Self-Care Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am :30							
8:00 am :30							
9:00 am :30							
10:00 am :30							
11:00 am :30							
12:00 am :30							
1:00 pm :30							
2:00 pm :30							
3:00 pm :30							
4:00 pm :30							
5:00 pm :30							
6:00 pm :30							
7:00 pm :30							

Weekly Self-Care Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am							
:30							
8:00 am							
:30							
9:00 am							
:30							
10:00 am							
:30							
11:00 am							
:30							
12:00 am							
:30							
1:00 pm							
:30							
2:00 pm							
:30							
3:00 pm							
:30							
4:00 pm							
:30							
5:00 pm							
:30							
6:00 pm							
:30							
7:00 pm							
:30							

