



SELF-CARE PLANNER

for Thriving In Adversity

Create YOUR self-care plan so you can
THRIVE in challenging times

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WELCOME!

Thank you for downloading this workbook. It is intended to change your relationship to self-care, changing it from something you do when you remember or when you have time, to a daily practice that improves your experience of your own life.

Recent social events have turned your life upside down, and shown us just how unfamiliar we are with our stressors. We need to find ways to cope while taking care of ourselves and others.

This workbook is designed to help you take care of yourself in ways that are specific to what works for you.

It will help you understand how to determine your needs, and create a plan that will work just FOR you no matter if you have a little time or a lot of time.

It is not a list of generic suggestions and lists. It supports you to know what you need, what will work for you and create a strategy to take care of yourself.

I am honored to be able to help.

Sincerely,

Sharon

Founder & Coach

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YOUR SELF-CARE NEEDS ARE INDIVIDUAL TO YOU



There isn't a one-size-fits-all approach to self-care because we each have different needs and triggers. We need to know what will work for us, what will not, and what are our "motivations" for our choices.

Knowing the "why" behind your self-care activity will help you to determine if your actions are nurturing and will serve you in the long run.

When we attend to our needs, and nurture ourselves, we have the capacity to focus our attention on flourishing in the core areas areas of life. The ultimate goal is to create a life that feels fulfilling. A life that we enjoy living.

THE PROCESS

- **Your Self-Care Assessment** Page 5
 - Understanding your score, getting clear on your feelings using **The Feelings Wheel**

- **Understanding Self-Care -** Page 8
 - Why it's important
 - What it is and what it is not

- **Explore Each Self-Care Area -** Page 10
 - Physical
 - Social
 - Mental
 - Spiritual
 - Emotional

- **Your Self-Care Plan** Page 25
 - Understanding Daily Rituals
 - Downloadable plan
 - Make it a habit
 - Commitment statement

WHAT IS SELF-CARE?



Self-care is any activity that we do deliberately to take care of our mental, emotional, and physical, health (body, mind, spirit).

The key word is *deliberate*. Self-care is necessary for maintaining good health and enjoying the life we are creating.

Taking care of yourself is not an optional luxury, it is an essential need . **It requires that you know what you need** to do to take care of yourself, so you are not rundown and overwhelmed by the stresses of life.

When we wait until we are starving to think about eating, we typically do not make the best choices. Similarly, self-care requires a daily practice and intentionally including activities that nurture your spirit and releases the stress accumulated from your daily life.

When we ignore our needs, over time, we become sick, unhappy and overwhelmed and it has a negative effect on every part of our lives.

As important as it is, it is surprisingly easy to push it to the bottom of the priority list as we attend to our unending list of responsibilities. However, we do not make it an intentional priority, we will find ourselves running from responsibility to responsibility unable to enjoy the life we are striving so hard to create.

We need ease, joy, happiness and human connection to thrive.

Self-care is essential to thriving.

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WHAT DO YOU NEED TO THRIVE?

According to Daniel Brown, a psychology lecturer at the University of Portsmouth, a person who is thriving will possess some (not necessarily all) of the following characteristics:

- Optimism
- Motivation
- Proactivity
- Flexibility
- Proactivity
- Enjoyment of learning
- Self Esteem
- Adaptability
- Spirituality
- Social Competency

A person who is thriving feels good about life. They are happy with themselves and feel they have talents and gifts, they are free to explore and develop, and that they are contributing to the world.



The role of self-care is to help you to feel good. To enable you take care of your needs so you are healthy and happy, and able to take care of your loved ones.

It is not supposed to be another to-do on the list or another responsibility that you will need to “fit in” to your already full life.



It is to help you make space for the things that matter to you.

It is meant to help you to thrive.

Self-care is not to be practiced once in a while, but every day in some form.

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SELF-CARE ASSESSMENT SCALE

There are FIVE areas of self-care. Let us begin by figuring out where you are now in each area. Review each question and give a score.

1 = Poorly | 10 = Exceptionally Awesome

Once you have circled your answers, add them up for a TOTAL.

01 On a scale of 1 to 10 how are you feeling PHYSICALLY? 1 2 3 4 5 6 7 8 9 10

02 On a scale of 1 to 10 how are you feeling SOCIALLY? 1 2 3 4 5 6 7 8 9 10

03 On a scale of 1 to 10 how are you feeling MENTALLY? 1 2 3 4 5 6 7 8 9 10

04 On a scale of 1 to 10 how are you feeling SPIRITUALLY? 1 2 3 4 5 6 7 8 9 10

05 On a scale of 1 to 10 how are you feeling EMOTIONALLY? 1 2 3 4 5 6 7 8 9 10

WHAT YOUR SCORE MEANS

5 TO 20 **RED RANGE** - You are overwhelmed and unable to cope or make changes to help yourself. You need to seek professional help.

21 TO 35 **YELLOW RANGE.** You have it together sometimes, but need help creating and maintaining self-care practices.

36 TO 50 **GREEN RANGE.** You have great self-care practices, which allows you to focus on creating success and upleveling your life.

YOUR ASSESSMENT SCORE

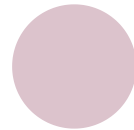
In each box write the score and why you gave this score. Describe how you are feeling - physical, mental, emotional. This will help you understand what your need is in each area. (***Refer to the feelings wheel on the next page***)



PHYSICAL SELF-CARE SCORE



SOCIAL SELF-CARE SCORE



MENTAL SELF-CARE SCORE



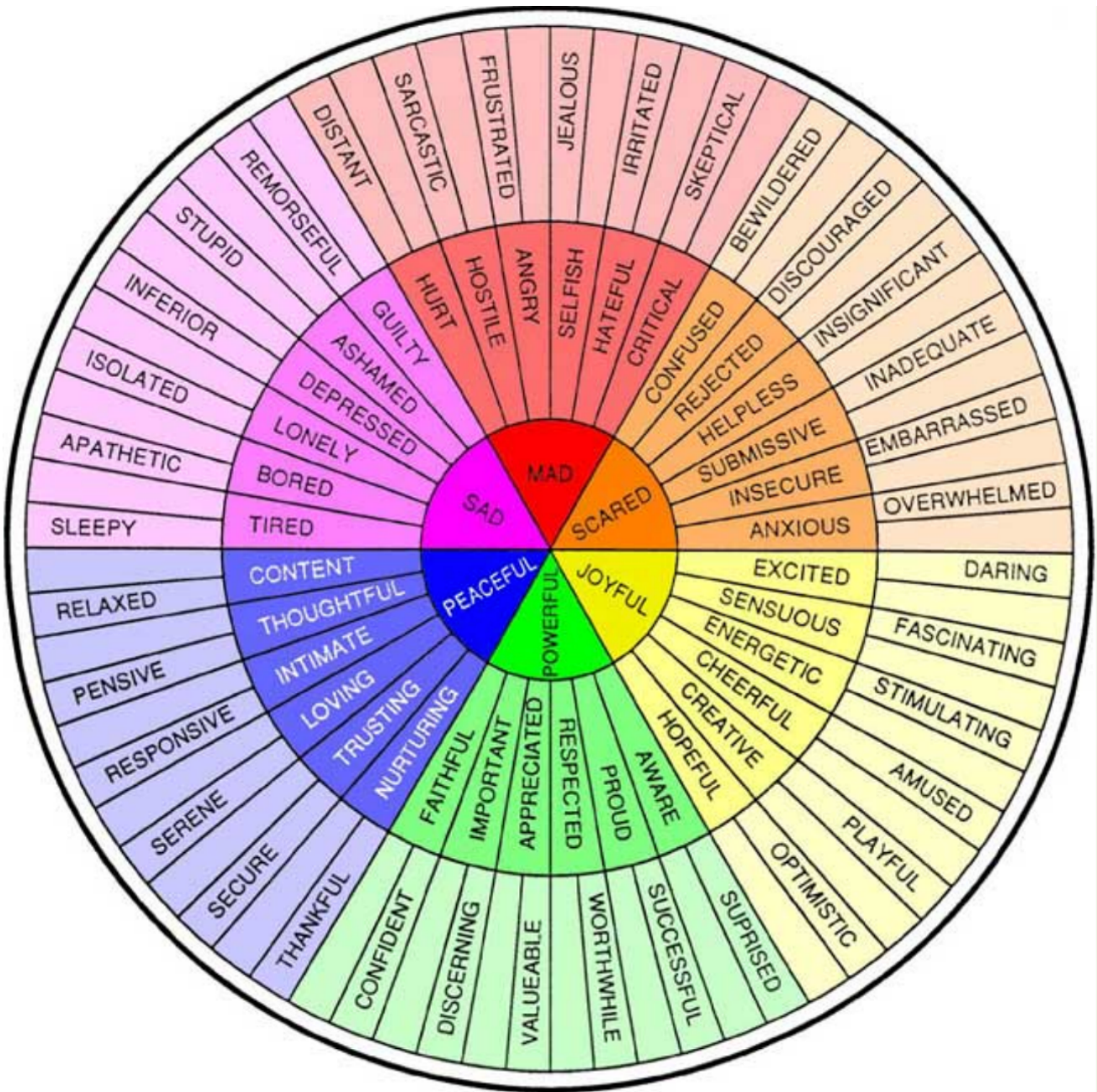
SPIRITUAL SELF-CARE SCORE



EMOTIONAL SELF-CARE SCORE

THE FEELINGS WHEEL

Use this tool to accurately describe your feelings. Your emotions and feelings are indicators for how you are doing and what you need.



UNDERSTANDING SELF-CARE

IMPORTANT: Self-care is quite personal, because everyone has different needs and triggers. When you become aware of your inner state you can take action to **get your needs met**, and save yourself the downward spiral. The key to good self-care is becoming aware of your needs as well as what you do, why you do it, how it feels, and what the outcomes are for you. What would work for someone else may not work for you.

WHAT SELF-CARE IS	WHAT SELF-CARE IS NOT
<ul style="list-style-type: none">• Fueling your body with food that gives you energy and supports your health goals• Drinking water• Being kind to yourself in words and actions• Having clear boundaries for people and situations that drain you• Celebrating or encouraging yourself with presents occasionally• Moving your body in ways that feel good• Accepting help from others• Spending time with people who support and inspire you• Healthy unwinding activities that make you feel relaxed• Daily energizing rituals	<ul style="list-style-type: none">• Yo-Yo Dieting• Dependence on alcohol to relax and unwind• Being aggressive with yourself as “motivation”• Saying “yes” to people just to be “nice”• Retail therapy or compulsive shopping• Buying things so you could love yourself more• Working out as punishment• Pushing yourself past your physical limit• Supporting anyone who uses shame as motivation• Zoning out in front of the TV to "relax"• Any activity that feels forced or creates stress

YOUR SELF-CARE

Examples of Self-Care Activities

- Take a long relaxing bath
- Run up and down the stairs
- Occasional guilty pleasure
- Get a full night's rest
- Plant some flowers/garden
- Buy fresh flowers
- Deep breathing for 5 minutes
- Declutter
- Do something new
- Write a gratitude list
- Write a list of your favorite things
- Coffee with a friend
- Surprise a friend with gift
- Mail a card or letter to friend
- Meditate
- Learn a musical instrument
- Sign up for dance class
- Listen to a podcast
- Create a space of peace
- Say no and don't feel bad
- Journal to explore feelings
- Make a list of people who support you
- Dance to fav song/music
- Spontaneous adventure
- Go star gazing
- Practice yoga regularly
- Visit art gallery/museum.
- Explore your feelings
- Explore your fears
- Solve a puzzle
- Learn a language/skill
- Make a list of your proudest moments
- Do nothing for 15 minutes
- Unfollow toxic people on social
- Unplug from technology for 1 day
- Treat yourself to a self-date

PHYSICAL SELF-CARE

Physical Self-Care is prioritizing activities that nourish and maintain your body's health.

It includes movement, nourishing it with foods that keep it strong and healthy, staying hydrated to support all bodily functions, getting enough sleep so the body can heal and replenish itself. It also includes taking your medications and seeing your doctors regularly for check-ups.

When you take care of your body you also take care of your mind - because you feel better and are more optimistic.



PHYSICAL SELF-CARE

Recognizing when your body is depleted and knowing what you need.

01. What are the physical signs that you are in-balance in this area?

02. What are the physical signs that you are depleted in this area?

03. What are the habits you fall into that stop your self-care in this area?

04. What activities recharge you in this area?

PHYSICAL SELF-CARE PLAN

We have established that self-care is nurturing and revitalizing and not punishing.

Fill in the sections below with physically nurturing activities that appeal to you.

01. What are activities you can do when you have 5 - 15 minutes?

02. What are activities you can do when you have 1 - 2 hours?

03. What are activities you can do when you have 4+ hours?

04. What daily rituals can be incorporated into your morning and evening?

SOCIAL SELF-CARE

Social connections are key to our sense of belonging and our well-being. Building meaningful relationships with your community, friends, and loved ones takes time and energy.

Different relationships serve different purposes and collectively serve as our support network. We must make it a priority to nurture and maintain our relationships, however, there isn't a certain number of hours you should devote to working on your relationships. Everyone has slightly different social needs.

The key is to figure out what your social needs are and to build enough time into your schedule to create a satisfying social life.



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SOCIAL SELF-CARE PLAN

Create opportunities in your life to engage in activities that give you a break and relaxes and recharges you. Establish daily break rituals instead of waiting for a big vacation to destress.

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MENTAL SELF-CARE

It is important to take care of your mind. The way you think and the things you think about has an impact on your psychological well-being .

This area of self-care focuses on keeping your mind sharp and allows you to take care of your needs as well as respond to and even anticipate change. A sharp mind also allows you to thrive and stay connected to the world around you.

A sound mind allows you to be resilient. It focuses on nurturing and encouraging yourself as you deal with disappointments and challenges. Allowing you to be your own respite in the storm.



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SPIRITUAL SELF-CARE

Spiritual self care is about connecting with your deepest self and finding your sense of purpose, and is *necessary to balance our physical, mental, and psychological health*.

You can go through the motions of getting regular exercise, following a proper diet, and practicing meditation. But without focusing on what fulfills you, this can still cause a drain on your energy, wellness, and an incomplete sense of well-being.

Spiritual self-care can lead to clarity about your self-identity, increased inner peace and calm, improved communication and connection with others, and a feeling of purpose and serenity.



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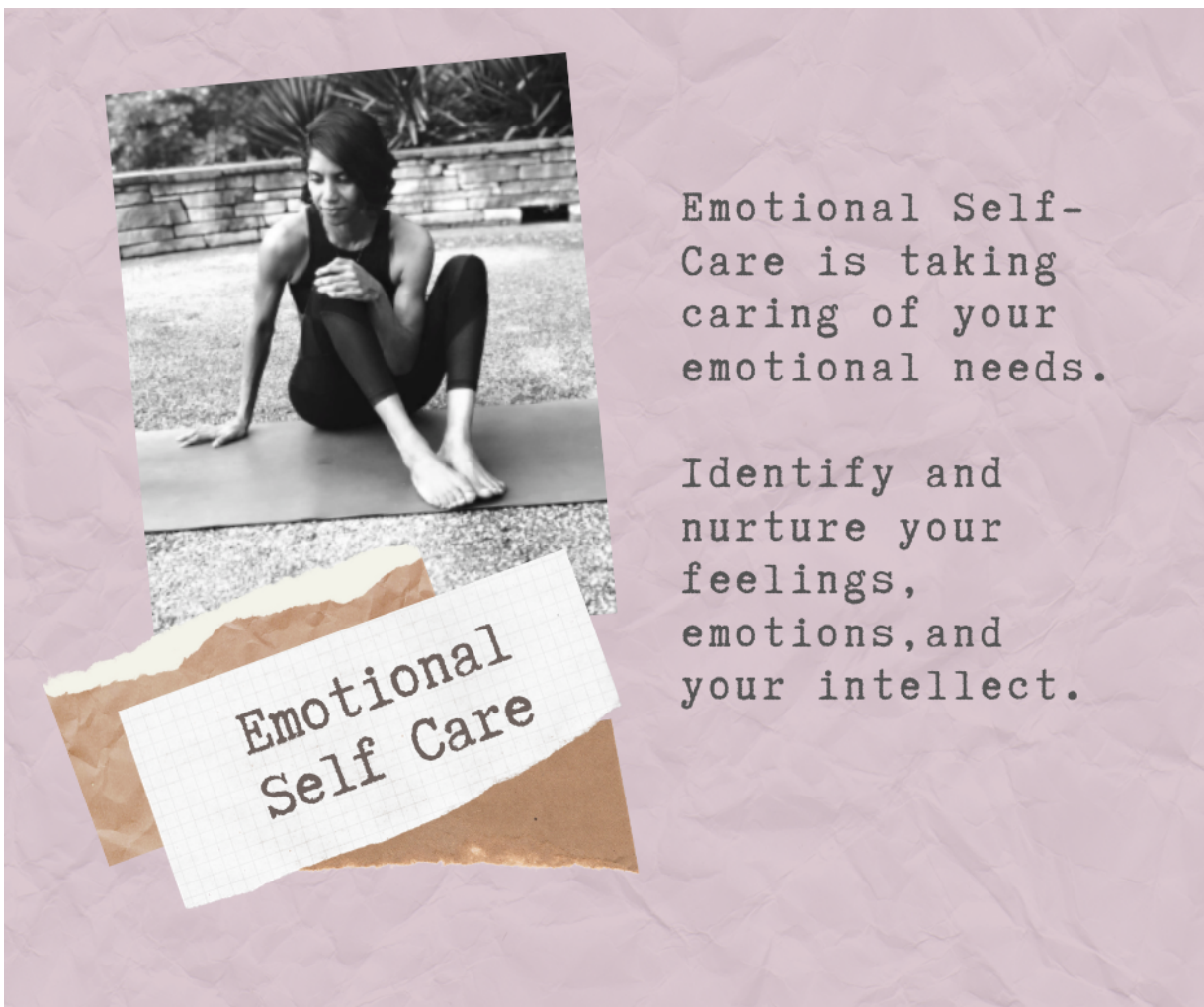
EMOTIONAL SELF-CARE

Emotional Self Care is recognizing emotional state and responding to your needs.

Our emotions are the way our body communicates with us. Our thoughts trigger emotions, which creates feelings that play a powerful role in our behavior and how we experience and interact with the world.

Emotional self-care helps us to develop healthy ways to cope with the stress and problems that are a normal part of life, cultivating healthy relationships, and feeling good about yourself.

It also helps us to begin to recognize patterns and unhealthy behaviors that occur in stressful situations and begin to make changes that will better serve us.



EMOTIONAL SELF-CARE

Recognizing when you are depleted and knowing what you need.

01. What are the physical signs that you are in-balance in this area?

Blank response area for question 01.

02. What are the physical signs that you are depleted in this area?

Blank response area for question 02.

03. What are the habits you fall into that stop your self-care in this area?

Blank response area for question 03.

04. What activities recharge you in this area?

Blank response area for question 04.



EMOTIONAL SELF-CARE PLAN

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DAILY RITUALS



**If you want to master your day, master your morning.
When you master your day, you master your life.**

Research shows that a **morning ritual** sets you up for a better day than moving through your morning on automatic, chasing the minutes until you get to your desk. Hal Elrod, author of the **Miracle Morning**, says we must prepare our minds for success. In his book he laid out the six components of a successful routine and suggests they can be as short as one minute each or as long as you need. **It's your morning, do as much or as little as time allows.**

Silence Quiet the mind and start your day with calm thoughts. (eg. Meditation or prayer)

Affirmations Use words of encouragement to keep yourself inspired and motivated.

Visualization Use the power of imagination to "see" and "feel" your efforts succeeding.

Exercise Physical exercise will get the blood pumping and oxygen flowing to your brain.

Reading Expand your knowledge and creativity by learning from experts.

Scribing Write or journal to process your thoughts and expand your dreams/ideas.



Evening rituals are equally important for a balanced fulfilling life. We must end our workday and move into other important aspects of our life. Although we don't want to live the same day every day, we want to be able to enjoy non-working time and ease into deep, restful sleep,

- Have a "shutdown ritual" for your workday.
- Write down worries and make a plan for tomorrow.
- Plan to enjoy your time after work with friends.
- Make each evening special for your romantic relationship.
- Do not slip into a TV coma.
- Write down 3-5 good things that happened.
- Think about something to look forward to tomorrow.
- Spend some time in reflective silence.
- Spend some time reading.

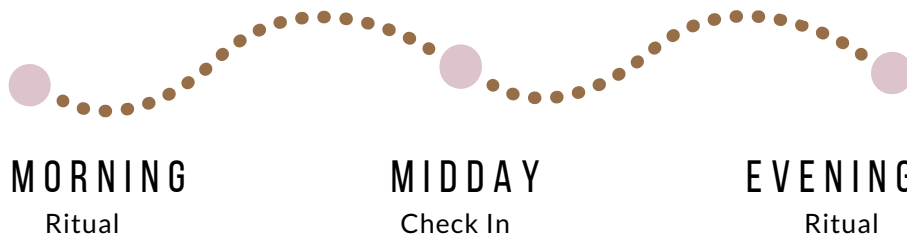
CREATING A HABIT

The objective of this exercise is to make self-care an ongoing part of your life so you no longer reach "burn out" before you pay attention.

**You will never change your life until you change something you do daily.
The secret of your success is found in your daily routine.**
-- John C. Maxwell

We need to establish a routine that will feel good that we can honestly fit into our lives. Be sure to create a space that resonates with you rather than simply following a routine that works for someone else.

Self-care as a daily practice will rewire your brain.



Midday Check-In is for reconnecting with how you are feeling, and resetting your mind so you can be productive and focused for the rest of the day. It allows you to identify and neutralize any stressors, and also assess which of your self-care areas is feeling out of balance.



download your habit tracker

Repetition is the key to creating a lasting habit.

In order to make self-care a part of your life, it has to be prioritized and repeated until it becomes automatic.

It is helpful to keep track, it will give you measurement as well as a reward of "checking off" your accomplishment.

We have created a [downloadable habit tracker](#) to help you to keep track.

It is quite normal to have a bumpy start, the key is to keep going, and commit to just starting again, and remember why you decided to start this exercise.

Fill out your self-care plan on the following page, print it and put it somewhere you will see it every day.

my SELF-CARE PLAN



MORNING RITUALS

EVENING RITUALS

If I feel low physically, I will do one of these things:

If I feel low socially, I will do one of these things:

If I feel low mentally, I will do one of these things:

If I feel low spiritually, I will do one of these things:

If I feel low emotionally, I will do one of these things:

COMMITMENT STATEMENT

We have found that despite our best intentions, without commitment we will return to old habits of being too busy or forgetting. Writing out your goal/promise will increase your chances of succeeding with your new habit.

Commitment refers to the degree to which an individual is attached to the goal and their determination to reach it - even when faced with obstacles.

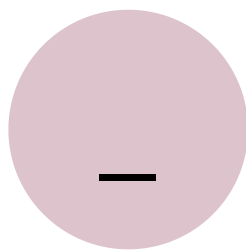
PositivePsychology.com

I _____ am committed to making my self-care a priority in my life. It is important to me because:

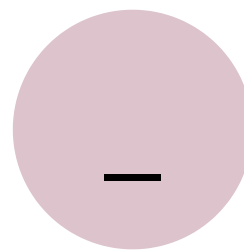
Write 3 important reasons why I need to do this:

-
-
-

I will practice my morning and evening rituals every day for 4 weeks. At the end of 4 weeks I will check-in with my overall satisfaction with my life. (SCORE your life satisfaction on scale of 1 - 10)



CURRENT SCORE



4-WEEK SCORE

Even if I get busy, miss a day, I will always come back to my self-care plan because I deserve a life that is fulfilling and enjoyable, and I deserve my care and attention.

Sign and date:

Ready for the
NEXT STEP?

BOOK A FREE CALL WITH ME!

If you have completed the Self-Care plan you are ready to put yourself at the top of the priority list. This changes everything!

You may qualify for our 12 week coaching program to help you find your purpose and passion and increase your overall life satisfaction.

SCHEDULE YOUR CALL NOW

12-Week Program

*Ignite Your
sOul-Fire*

Journey To Your sOul's Purpose

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