



Self Care Is Where It's At!

What are some things you love to do? What makes you feel good? What makes you feel great? Create a list of 10 things you can do for your self that make you feel good or make you feel relaxed.

Great examples of self care from some of my coaching clients include: getting a manicure, taking a 15 minute coffee break, getting your hair done, spending 15 minutes talking to your best friend. These things will help you create a surplus of oxytocin and will help you de-stress.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now that you have your list, turn the page and let's create other list....



Founder of Accelerated JoyWorks

Tiffany M Bastedo is a holistic relationship coach. She has had a strong interest in relationships all her life and has developed that into a deep passion to support others in finding their way home to loving themselves and others in a safe, meaningful, and purposeful manner.

www.acceleratedjoyworks.com

520-404-6008



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What are some things that you maybe don't love to do but that make you feel good when you've completed them? Things that once you have them done you feel great satisfaction ticking them off your to do list and a sense of accomplishment or stress reduction.

Create a list of 10 things you can do for your self that make you feel satisfied.

Some great examples of task oriented self care from some of my coaching clients include: cleaning out the closet and donating items, organizing your desk, spring cleaning, creating order out of chaos. These things will help you feel de-stressed because you know they are tasks completed.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now that you have your second list, turn the page and let's create a plan....



Fall in love with taking care of yourself.

On the next pages you will create your custom made self-care plan.

On each day place a minimum of two items from first list, and at least one item from your second list.

A total of three things minimum is ideal for each day.

The goal is to fill your life and calendar with as much self-care as possible to decrease your stress by increasing your oxytocin.

