

I Love and Care for Myself Every Day and Everywhere

Physical Self-Care

- ☺ I eat on a regular basis (breakfast, lunch, dinner and snacks)*
- ☺ I eat fresh, healthy foods (vegetables, fruits, salads, nuts, etc.)*
- ☺ I exercise at least three times a week*
- ☺ I take time off to recharge*
- ☺ I get massages several times a year*
- ☺ I get enough sleep every night*
- ☺ I wear clothes I love and feel great in*
- ☺ I take vacations at least once a year*
- ☺ I take breaks from technology, telephones, email, etc.*

Mental Self-Care

- ☺ I have a stress management plan*
- ☺ I have an attitude of gratitude*
- ☺ I read for pleasure*
- ☺ I try new things*
- ☺ I spend time with family and friends as much as possible*
- ☺ I immerse myself in the arts*
- ☺ I can say "no" to what isn't right for me*

Work Self-Care

- ☺ I take breaks throughout the day (including lunch)*
- ☺ I create boundaries for clients and colleagues*
- ☺ I create a peaceful work space which is comfortable*
- ☺ I establish supportive connections (colleagues, business coach, trainings, etc.)*
- ☺ I have a peer support group*
- ☺ I strive for balance for work, family, relationships, play and rest*

