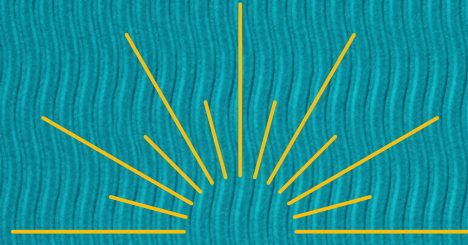


THRIVING IN THE CHAOS



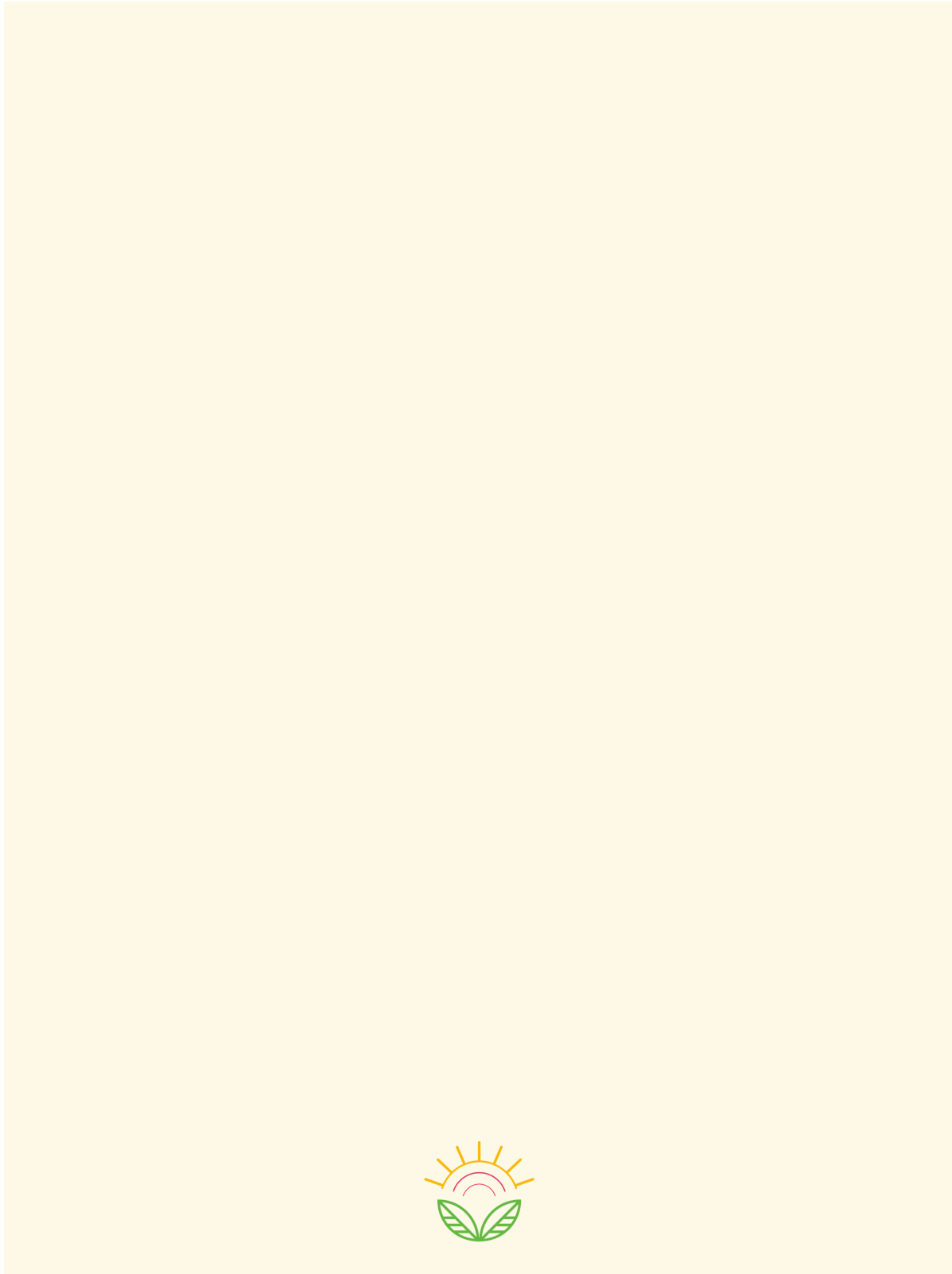
**MAKE
YOURSELF A
PRIORITY**

Workbook



LESSON 1 ASSIGNMENT:

Below write what you think of as self-care.



LESSON 1: Recognizing the Signs

Step 1: Tune into your body and mind. Ask yourself:

"How's my energy level today?"

"Have I been rocking more stress than usual?"

"Do I find myself doing daycare business even during Netflix time?"

"Any new headaches, or is sleep giving me the cold shoulder?"

notes:





SELF CARE
o'clock
♡

When can you schedule "Me-Time"?

LESSON 2 ASSIGNMENT:

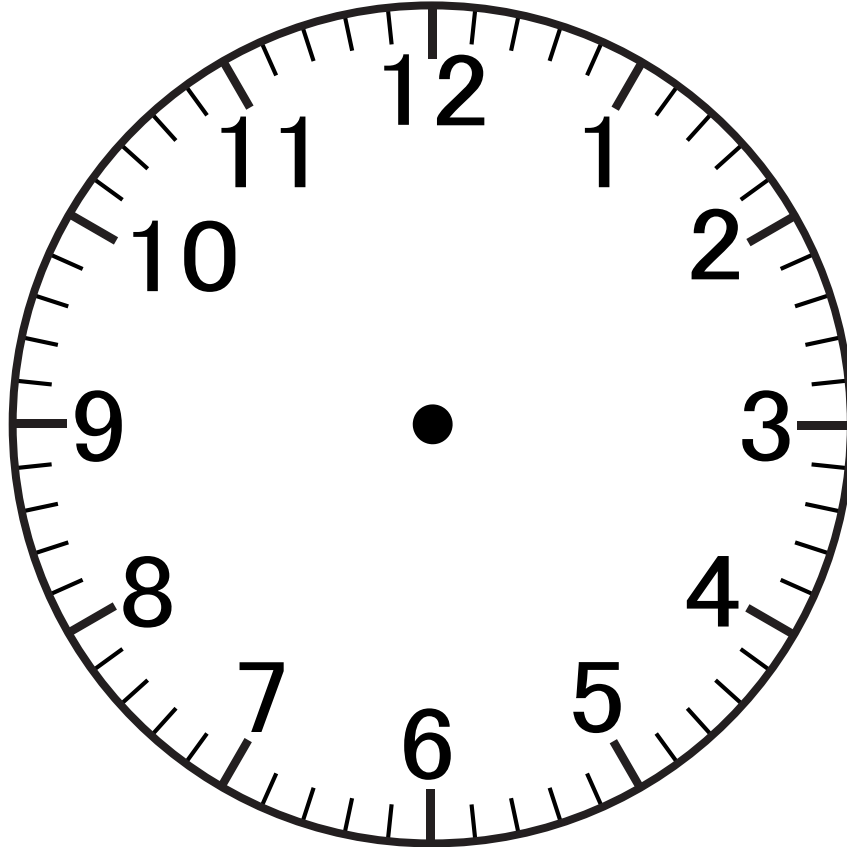
Below create your Self-Care “Hit List”.

What would you do all day if you could?



LESSON 2 ASSIGNMENT:

When can you schedule some “Me-Time”?



Below make a list of possible blocks of “Me-Time”.

<input type="radio"/> _____	<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____	<input type="radio"/> _____





NO!

unshaken, unfazed, unbothered!

LESSON 3 ASSIGNMENT:

Practice the new habit of saying no.

How about "No"

How about "No"

How about "No"

How about "No"

How about "No"

How about "No"



WORKING: ON MYSELF BY MYSELF FOR MYSELF

Creating Your Self-care Plan



LESSON 4 ASSIGNMENT:

Time for brainstorming a “Self-care” wish list.

What activities make your heart sing and your soul smile?

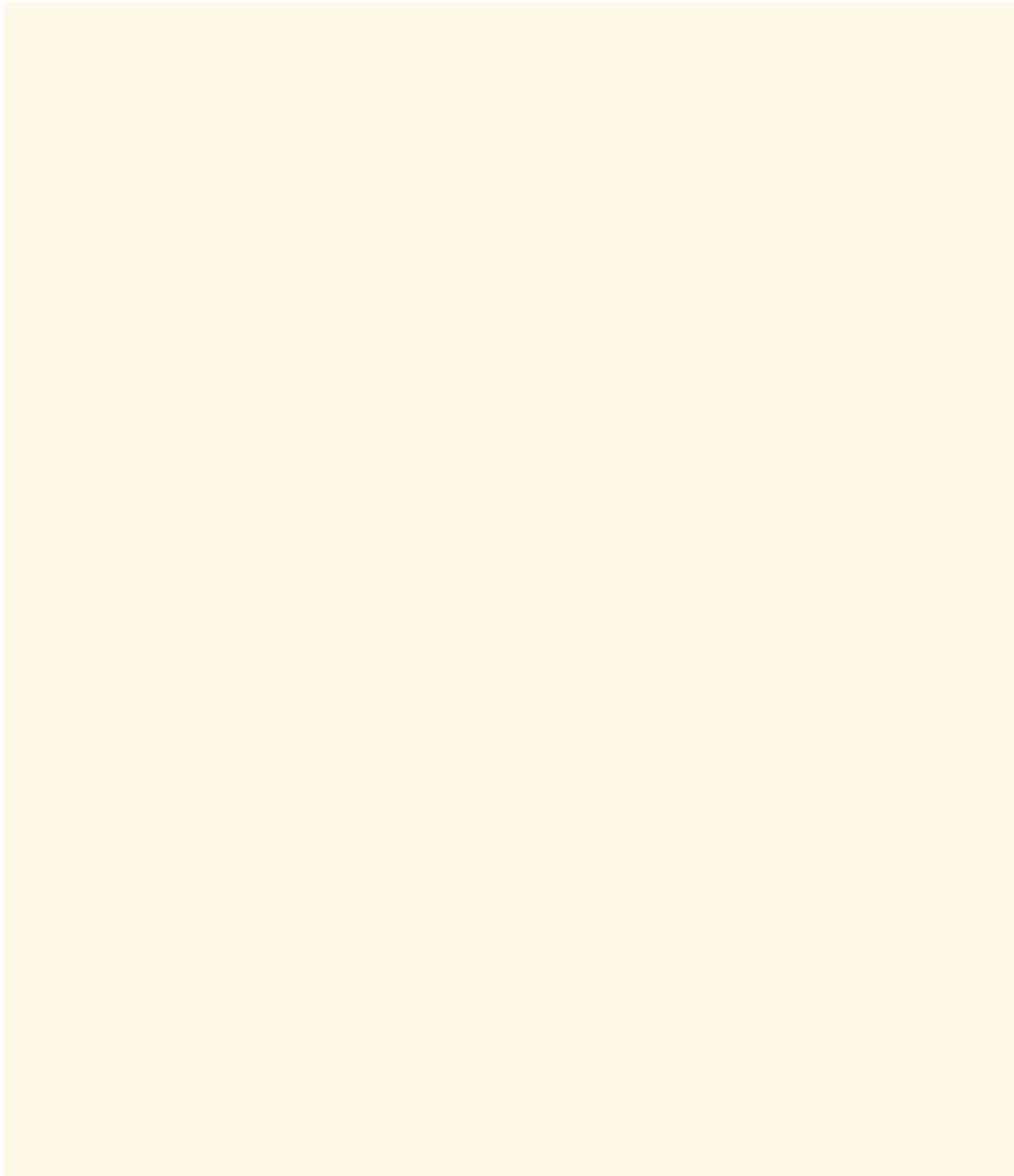
Which one is your favorite?

--



LESSON 4 ASSIGNMENT:

Below set some self-care goals.



LESSON 4 ASSIGNMENT:

Claim your readiness for your new self-care routine.

I'm self-care ready

I'm self-care ready

I'm self-care ready

I'm self-care ready

I'm self-care ready

I'm self-care ready



LESSON 4 ASSIGNMENT:

Schedule & plan self-care like a VIP event. Below list some days, times, & activities **this week** for some self-care. And then put them in your calendar.



NOTES:

