

5 Investments to Make in Yourself

“People, even more than things, have to be restored, renewed, revived...”

– Audrey Hepburn

Make a Mindset Shift

If you equate work with “success” (or productivity) & rest & fun with “failure” (or unproductive), then you need a mindset shift. YOU, like your car, need regular care & maintenance. Imagine how long your car would last if you never put oil in it, used the wrong type of gas, never vacuumed it, & only washed it once a year!

Set Limits & Boundaries

We all have certain obligations & responsibilities that we must take care of; however, we all have a certain amount of control over many details.

Learn to Say “NO” & “YES”

Learn to say “no” to those things that are not important or necessary to accomplishing your life goals. Learn to say “yes” to what you need to do to take care of yourself.

Plan & Schedule Time for YOU

If you don’t take care of YOU, who will? Remember, you cannot give others what you haven’t filled yourself with. To be sure you take care of yourself... YOU MUST PLAN your self-care and schedule it on your calendar just like you would an important appointment.

Create Daily, Weekly, & Monthly Self-Care Routines

Make a list of things you can do to take care of yourself. Break it down into the things you can do daily, weekly & monthly & then practice making them habits. It takes time, but keep at it... YOU ARE WORTH IT!

My Self-Care Checklist

	PHYSICAL	M	T	W	T	F	S	S
1								
2								
3								
4								
5								
	MENTAL	M	T	W	T	F	S	S
1								
2								
3								
4								
5								
	EMOTIONAL	M	T	W	T	F	S	S
1								
2								
3								
4								
5								
	SPIRITUAL	M	T	W	T	F	S	S
1								
2								
3								
4								
5								

DAILY
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WEEKLY
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MONTHLY
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My Daily Self-Care Reflection

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TODAY I'M FEELING

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

- 1
- 2
- 3

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

TOMORROW I LOOK FORWARD TO