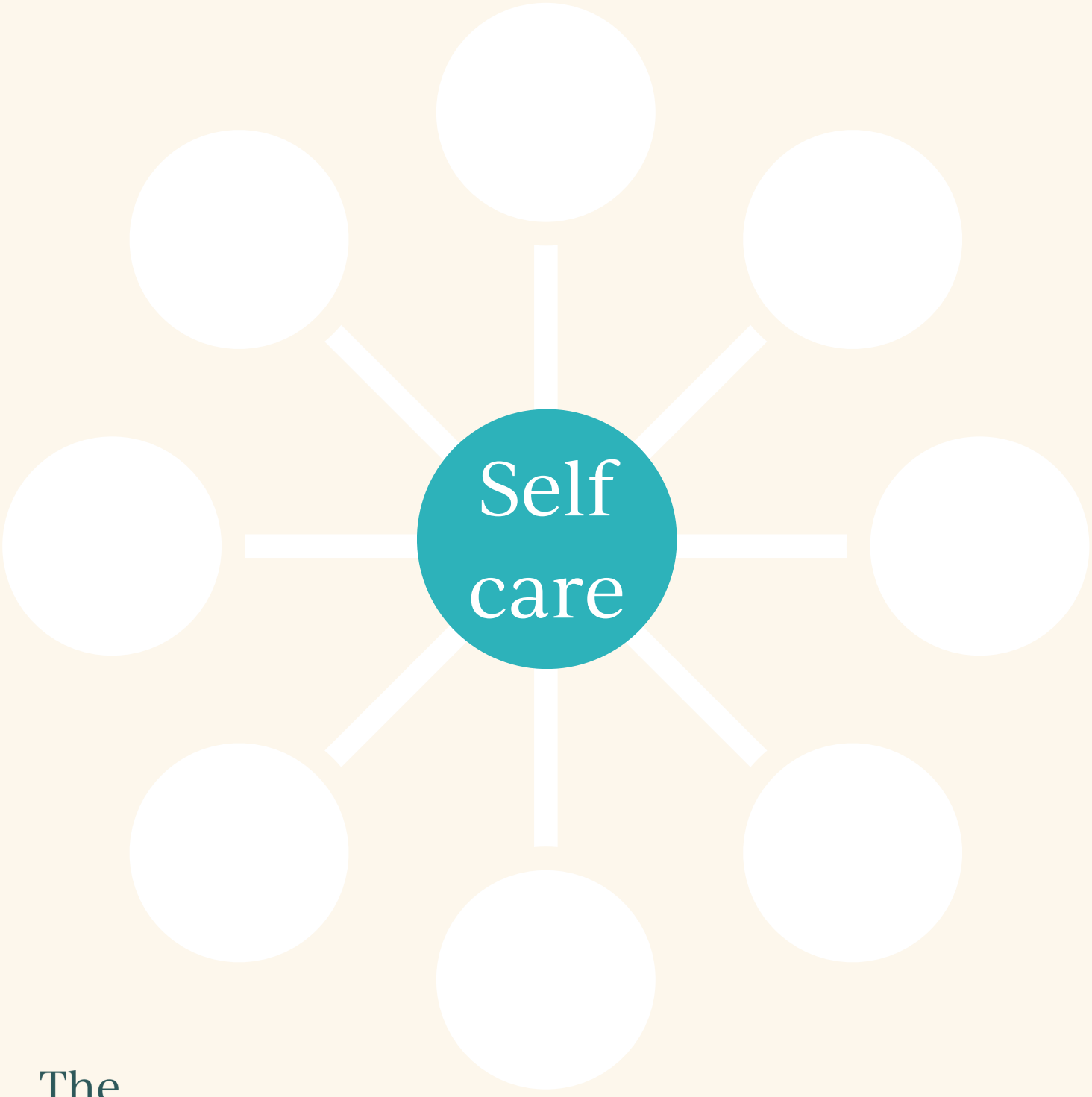
Self *Care*

Take a moment to reflect on what self-care looks like for you. On the spiderchart below, list the things that help to recharge your batteries and bring you energy and joy. For example:

- Sleep and rest
- Being in nature
- Exercise
- Socialising
- Pampering
- Journaling or meditating etc



Self *Care*

Now look over the items you have written on the spiderchart. These are your self-care heroes. These things make you feel energised and regulated. You might say they are pretty important to make time for if you want to be the best version of yourself!

It may be unrealistic to assume you can do all of these things all the time, but there may be a few items that are more practical or have the biggest positive impact on you. Pick three of these things and write them in the boxes below:

1

2

3

Imagine how much happier, more balanced and more energised you would feel if these become non-negotiable activities everyday. Let's see how we can make these a priority.

1

How will you feel once you have completed this act of self-care?

How will you remind yourself to do this everyday? (i.e. phone alarm)

How will you hold yourself accountable? (i.e. complete task with a buddy)

2

How will you feel once you have completed this act of self-care?

How will you remind yourself to do this everyday? (i.e. phone alarm)

How will you hold yourself accountable? (i.e. complete task with a buddy)

Self *Care*

3

How will you feel once you have completed this act of self-care?

How will you remind yourself to do this everyday? (i.e. phone alarm)

How will you hold yourself accountable? (i.e. complete task with a buddy)

What is possible?

It is far better to be drawn to a positive outcome than to run from a negative one.

Imagine you are completing these acts of self-care every day. Three months from now;

- How are you feeling?
- What are you capable of?
- How do you look?
- How are you behaving?
- Who will benefit from this version of you, and how?
- What else do you notice?

You deserve to put your own oxygen mask on first. If you go down, the whole ship goes down, right?

If you need some additional support in creating boundaries to allow space and time for self-care, visit www.theacademe.co.uk/boundaries