

Your Self-Care Strategy

**Start of the Day**

What is one thing that takes **less than 1 minute** that honors you?

What is something at that takes **less than 3 minutes** that honors you?

What are **three simple things** in your power that make you feel awesome?

1)

2)

3)

*Put these on your phone as a checklist, create a sticky note, or make a fun sign with these three things.*

**Intention Setting**

Your daily intention creates a target for your thoughts, beliefs, and actions. What one thing do you want to focus on attracting in today?

*(Example: I am present and open to amazing experiences and opportunities.)*

**Self-Care Self-a-brations!**

In honor of you taking care of yourself, use the space below to describe your ideal “Self-a-bration”.

What are you doing?

What does the environment look/feel/sound/smell like?

How do you feel in the environment?

How long are you there?

How do you feel when you leave the Self-a-bration?