



The 5 Keys to Your Feel-Good-Kick-Ass Self Worksheet

Self-Care Tip #1: Daily me-time is non-negotiable.

Make a list of 5-10 of your favorite me-time activities. Pick ONE you can commit to this week. How many minutes will you do this activity?

Self-Care Tip #2: Wait before responding.

Which area or specific situation in your life could most exercise the gift of the pause? Where do you most find yourself impulsively saying yes when you really should be saying “let me think about it” or “no”?

Self-Care Tip#3: Declare your own Sunday Fun Day!

Which day of the week will be your Fun Day? How many hours will it last? What will you do?

Self-Care Tip #4: Sharing is caring.

Who would you like to be your sharing partner this week? When will you reach out to him/her to create the sharing partnership? If you already having a sharing partner, well done!

Self-Care Tip #5: Move your ass!

How many days are you committed to setting aside for exercise this week?
What feel-good activities are you committed to doing on those days?
Reach out to your sharing partner for support!