#SPIRITUPGRADE

SELF-CARE

 \triangle ASHA

ENERGETIC BUCKET

1. 25% SURVIVING

lacking some sleep not eating great a bit depleted I know I am not functioning at optimal

2.50%
I am exercising
I am eating well
I am sleeping well
I can function well
but I know I could do feel a little better...

3. 75-100%
I feel great
I am mega creative
stress does not affect me





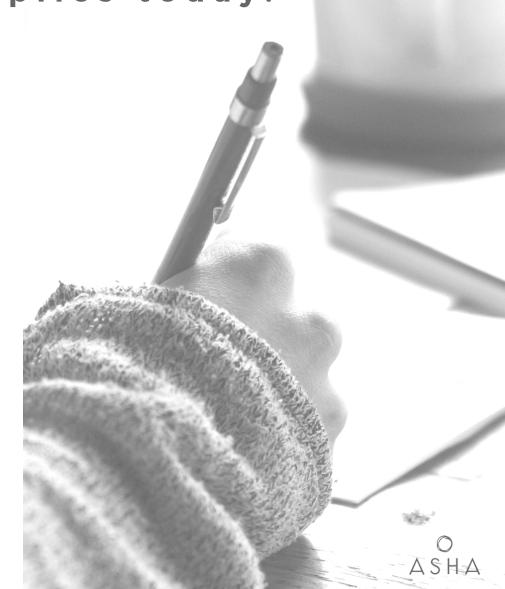
Check the one that applies today:

MY BUCKET IS:

25% full

50% full

75+% full



IDEAS FOR SELF-CARE

2 HRS to read every Sunday

Watch movies 1x per month

Monthly chiropractic care

Monthly massage

Weekly bath with sea salts

Ayurvedic self-massage

Dance alone

Visiting with a friend

Floating tank

Sound bath

A day of silence

Practice Meditation

Go to yoga once a week

Attend a yearly retreat





We think, mistakenly, that success is the result of the amount of time we put in at work, instead of the quality of time we put in.

Arianna Huffington

