

#SPIRITUPGRADE

SELF-CARE

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



DAILY SELF CHECK-IN

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



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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

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WE ARE HERE TO SUPPORT YOU!