

Emily's Self-Care Accountability Worksheet

I, _____, will take one hour each week to connect to myself and my needs by actively practicing self-care.

Carve out 10 minutes to plan. Make yourself a hot beverage. Be present, connect and get creative! This worksheet is a tool to help you choose and plan actions that will support your self-care. The intent for these actions is to pause (stop moving forward for an hour! put away your phone!) and nurture yourself to enjoy the present with total ease. This is 100% YOU-time.

Week of June 5th. Self-Care Action:

Week of June 12th. Self-Care Action:

Week of June 19th. Self-Care Action:

Week of June 26th. Self-Care Action:

Emily's favs

sitting down with a novel and a cup of tea for one-hour, going for a massage, seeing a healer, going for a long walk, taking a bath with epsom salts and essential oils, going to that yoga class that you've always wanted to go to.

WHEN YOU'RE DONE BOOK THESE ACTIONS INTO YOUR CALENDAR!

My Daily PROUDS

This is an exercise to help re-pattern your mindset into *self-love* and *appreciation*.

Every night this month, take 5 minutes right before bed to pause and reflect on 3 things you are proud of. Examples are – *I am proud that I sat down to dinner with my kids tonight. I am proud that I did the laundry. I am proud of the ideas I presented in the meeting today. I am proud that I worked out today.*

We recommend finding a "prouds buddy". Commit to doing this for a month together and take a photo of your prouds and send them to each other every day in a list form or pictures - get creative!

At the end of the month, note how you feel.
How can you make this a regular weekly routine?