



**The
Self-Care
System**
WORKBOOK

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Inspiring Minds Consulting LTD
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INTRODUCTION

If you have ever been on a commercial flight, then you have heard the safety instructions. One of the most important things they note is to make sure you put your own mask on before you help others.

Why?

If you don't take care of your own needs, you won't be able to fully help other people.

This is the key to self-care as well. If you aren't taking care of yourself, how can you expect to watch over the people you love?

This workbook is a companion piece to the Self-Care System eBook. Like that eBook, this workbook is broken up by months. Do not feel like you have to do this one month at a time though. You can fill in this workbook at any rate that works for you.

If you are ready to start taking care of yourself, please read on.

JANUARY: SLEEP

**WHAT HOLDS YOU BACK FROM GETTING A
BETTER SLEEP**

HOW CAN YOU DEAL WITH THOSE ISSUES?

WHAT IS YOUR IDEAL BEDTIME ROUTINE?

FEBRUARY: EATING RIGHT

FOODS YOU LIKE THAT ARE ALSO HEALTHY (70% of DIET)

FOODS YOU DON'T LIKE BUT ARE HEALTHY (20% of DIET)

FOODS YOUR LIKE BUT ARE UNHEALTHY (10% of DIET)

MARCH: EXERCISE

EXERCISE YOU ALREADY DO

EXERCISE YOU ARE INTERESTED IN TRYING

NON-EXERCISE WAYS YOU CAN INCORPORATE MORE ACTIVITY INTO YOUR LIFE
[I.E. WALKING UP THE STAIRS AT WORK INSTEAD OF USING THE ESCALATOR]

APRIL: SETTING HEALTHY BOUNDARIES

WHAT ARE YOUR PERSONAL BOUNDARIES?

**IS THERE ANYONE YOU NEED TO SET
BOUNDARIES WITH?**

WHO SHOULD I SAY NO TO MORE OFTEN?

MAY: TREAT YOURSELF

This is a particularly fun part of self-care – treating yourself. Figure out some ways that you can pamper yourself throughout this whole journey. You can use these as rewards for accomplishing other self-care tasks, or just because you deserve it!

BRAINSTORM A LIST OF THINGS YOU CAN TREAT YOURSELF WITH

JUNE: PRACTICE GRATITUDE

WHAT DO YOU LIKE ABOUT YOURSELF?

**WHO DO YOU FEEL GRATEFUL TO HAVE IN
YOUR LIFE?**

LIST EVERYTHING YOU ARE GRAEFUL FOR – THINK ABOUT THE SMALL THINGS TOO

JULY: GET OUTSIDE

WHAT DO YOU ENJOY ABOUT THE
OUTDOORS

WHERE CAN YOU GO NEARBY FOR A TASTE
OF THE OUTDOORS

WHAT SORT OF OUTDOOR ADVENTURES APPEAL DO YOU?
[Are you a “glamper” or a “camper”]

AUGUST: LEARN SOMETHING NEW

DO YOU HAVE ANY OLD HOBBIE OR INTERESTS THAT YOU GAVE UP?

WHAT OTHER INTERESTS DO YOU HAVE?

WHAT IS THE FIRST THING YOU WANT TO LEARN ABOUT?

WHAT IS THE SECOND THING YOU WANT TO LEARN ABOUT?

WHAT IS THE THIRD THING YOU WANT TO LEARN ABOUT?

SEPTEMBER: RELAX AND DE-STRESS

WHAT STRESSES YOU OUT?

HOW CAN YOU ADDRESS THOSE THINGS?

BRAINSTORM A LIST OF THINGS THAT RELAX YOU

OCTOBER: WORK ON RELATIONSHIPS

**WHAT ARE THE MOST IMPORTANT
RELATIONSHIPS IN YOUR LIFE**

**HOW CAN YOU STRENGTHEN THESE
BONDS?**

NOVEMBER: BE MORE MINDFUL

Get comfortable.



Close your eyes and clear your mind.



Breathe Deeply



Focus on Your Breathing



Keep breathing and focus on nothing but your breath



Allow your thoughts to drift but try to focus on the now



Do thing until you feel your body relax.



Repeat once a day

DECEMBER: REFLECT

WHAT IS WORKING IN YOUR LIFE?

WHAT DO YOU FEEL ISN'T WORKING IN YOUR LIFE?

WHAT WERE YOUR BEST SUCCESSES THIS YEAR?

WHAT WERE YOUR BIGGEST FAILURES THIS YEAR?

WHAT DO YOU THINK YOU SHOULD CHANGE MOVING FORWARD

CONCLUSION

Self-Care isn't just about taking care of yourself.

It is making sure that you are in the best place – both mentally and physically – to help yourself AND everyone in your orbit.

If you feel guilty engaging in self-care, remember that you are simply recharging – and we all need that.

Hopefully this workbook and the companion eBook have helped you realize that you need to help yourself and there is nothing wrong with that.

Good luck in the future, and please make sure to take care of yourself.