

A self-care menu

I've started you off with some suggestions, which you might like, or which might suggest things that would be even better. A woman can't have too many tricks up her sleeve, so I hope this worksheet helps you be very well cared for.

How does my body like to be cared for? (Lotion, massage, protein breakfast...)

How does my mind like to be cared for? (iTunes U? Pageturners?)

And how can I best care for my spirit? (Yoga, church ... or yoga church!)

What can I do to care for myself that's free or nearly free? (Say "No," say "Let me get back to you on that...")

What are some things I might want to save up for? (A big night out, tango lessons...)

What are some self-care experiences that would be scandalously expensive and/or literally impossible—but maybe I can save on a Pinterest board, and realize some aspects of? (A weekend retreat...)

What can I do to care for myself that takes no time at all? (Let myself know how I really feel, without forcing myself to take any action I don't want to...)

What are some things I might want to invest serious time in? (Strength training? Learning to cook? Cleaning out the attic?)

What are some forms of self-care I like doing alone, or that I'm solely responsible for? (Reading novels, watching Queen Sugar, flossing regularly...)

Where do I need some support from others? (Babysitting, therapy, coaching...)

And what kind of self-care activities are best done in community?
(Learning about personal finance, decluttering our closets, getting exercise—and yes, trading pedicures...)

Did I need something in the past that I could still use today? (Maybe a coloring book? Riding lessons? Better-fitting shoes?)

Is there something I can do to take care of myself right now? (Asking questions like Am I physically comfortable right now? Do I need to push

through, or could I just go get a sweater / go to the bathroom instead of tolerating discomfort?)

And what can I do now to take care of my future selves? (Lift weights, get my Five a Day, save for retirement, set a reminder to pack lunch / charge my phone overnight...)
