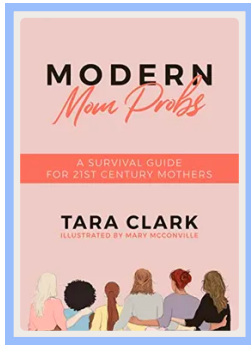


Add More Nourishment to Your Life



"For me, self-care has been about identifying what depletes me—persons, places, things. If this resonates with you, I suggest you write this out in a journal. Bullet point it. See it. Cross it out. And then take some action by avoiding these energy vampires to change your situation.

Toxic relationships with friends and family members can suck your battery faster than your kid playing video games..." - Tara Clark, [Modern Mom Probs](#)

People, places, or things that drain me:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

People, places, or things that nourish me:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Writing down your intentions increases your chances of following through by about 40% and having an accountability partner increases your chances of completing the action item by about 65% ([Inc., 2018](#)). I hope this worksheet brings you more awareness, clarity, and nourishment. Recruit a dear friend to fill out the worksheet with, and cheer each other on as you invite more nourishment into your life!

Self-Care Inspiration

Emotional Self-Care:

- Creative writing, journaling
- Gratitude list
- Send a letter/text of appreciation
- Coloring, creative art projects, crafts
- Listen to or write music
- Snuggle with loved ones, pets, cozy blankets
- Massage your back or feet with a tennis ball
- Try a meditation app
- [Loving Kindness](#) meditation
- Laugh with a friend or watch a funny movie
- Spend time in nature
- Drink [hot cocoa](#) or tea
- Do a face mask or put on a lovely smelling lotion
- Take a bath or try shower steamers
- Follow inspiring social media accounts
- Unplug from devices
- Visualize your goals and dreams
- Set [S.M.A.R.T. goals](#)
- Write down your strengths
- Make a list of your favorite quotes
- [Hand-On-Heart](#) self-compassion exercise
- Share your feelings with a safe person or journal
- [Ask for help](#)
- Perform a random act of kindness for yourself
- Perform a random act of kindness for someone else

Relational Self-Care:

- Reach out to a loved one
- Tell a loved one why you appreciate them
- Go on a date night with a significant other or yourself

Financial Self-Care:

- Find a budgeting style that works for you
- Set financial goals
- Create a family manifesto about finances

Cultural Self-Care

- Volunteer or donate with a local organization
- Attend a concert or go to a museum

Physical Self-Care:

- Get 7-9 hours of sleep per night
- Move your body (e.g. Yoga, Tai Chi, workout video)
- Take a walk outside
- Stay hydrated
- Eat regular meals and snacks
- Mindfully eat some comfort food
- Take your medications as prescribed
- Follow up with your medical providers

Environmental Self-Care:

- Tidy or organize
- Create a donate pile
- Decorate your home
- Light a candle
- Add plants to your living space
- Try a diffuser

Occupational Self-Care:

- Organize your to-do list
- Set boundaries between home and work
- Focus on projects that energize you
- Set an intention for the workday based on your core values
- Do something generous for your company or coworker

Intellectual Self-Care:

- Read
- Listen to a podcast
- Watch a documentary, movie, or TV show
- Take an online class
- Teach yourself a new skill
- Do a puzzle

Spiritual Self-Care:

- Connect to a higher power regardless of religion, this can be your wisest self
- Pray if you believe in prayer
- Meditate
- Read spiritual or self-help literature
- Talk to friends, loved ones, mentors, or spiritual leaders about your spiritual questions and beliefs

Self-Care Quotes to Keep You Inspired

**"SELF-NOURISHMENT
EQUALS SELF-LOVE."**

BECKY VOLLMER

"THE ROOT OF SELF-CARE IS SETTING BOUNDARIES: IT'S SAYING NO TO SOMETHING IN ORDER TO SAY YES TO YOUR OWN EMOTIONAL, PHYSICAL AND MENTAL WELL-BEING."

NEDRA TAWWAB

OUR RESEARCH SUGGESTS THAT WHATEVER ALLOWS PARENTS TO RECHARGE THEIR BATTERIES, TO AVOID EXHAUSTION, IS GOOD FOR CHILDREN."

MOIRA MIKOLAJCZAK

"BEFORE YOU WERE A MOM, YOU WERE SOMEONE. THAT SOMEONE STILL MATTERS."

TARA CLARK

"WHEN WE FEEL WE MUST GIVE UP ALL OUR TIME AS A PART OF OUR ROLE AS MOTHER, SISTER, OR DAUGHTER, WE FALL INTO THE TRAP OF GIVING UP OUR DREAMS, VISIONS, VOICES, AND CAREERS. WHILE THE PATRIARCHY HAS EXPECTED THIS OF US, WE CAN CHOOSE ANOTHER WAY."

MAJO MALFINO

"YOU MUST RESIST ANYTHING THAT DOESN'T CENTER YOUR DIVINITY AS A HUMAN BEING. YOU ARE WORTHY OF CARE."

TRICIA HERSEY