



7 Steps to 100% You

SELF-CARE AREAS

Health

Care for your physical health.

- Choose where you want your health to be.
- See what you have to do to get there.
- Decide what your legal cheat is and when you can have/do this.

Heart

Stay open for care, love and spirituality.

- Give care and love to the people around you.
- Be open to receive care and love.
- Care for your spirituality.

Work

Care for your work/job.

- Put energy and passion in your work and work-related activities.
- Get energized from doing your job and work-related activities.
- Receive acknowledgement for what you put into your work/job.
- Grow and learn from what you do and the people you work with/for.

Mind

Care for your mind, like you care for your muscles.

- Train your mind to stay active and to get stronger.
- Give your mind rest to reload and digest.
- Work on your focus.
- Accept limitations and cherish boundaries.
- Appreciate your mind for all it does for you, and all it makes you able to see and learn.

Fun

Care for the fun in your life.

- Try new activities, find a 20% stretch out of your comfort-zone.
- Do activities that are fun for you.
- Skip activities that you think are fun, but you feel you "just can't miss out on".
- Care for your fun means it's fun for you, not for others.

Social Life

Care for you in your social life.

- Care for the people close to you.
- Let people close to you care for you.
- Don't act on FOMO (fear of missing out).
- Spend real quality-time with you friends, so choose quality over quantity.

Familie

Care for your support system in life.

- Be honest about what you need from your family.
- Be honest about what you're able to give.
- Stay open to receive love and care.
- Choose who is your family, with love.



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MY PERSONAL BALANCE

Health

My do's:

My don'ts:

Heart

My do's:

My don'ts:

Work

My do's:

My don'ts:

Mind

My do's:

My don'ts:

Fun

My do's:

My don'ts:

Social Life

My do's:

My don'ts:

Family

My do's:

My don'ts:



My Daily Self-Care Planner

PRIORITIZE AND FIND BALANCE WITH THE 1-3-5 RULE

Date: _____

1 big task

3 medium tasks

5 small tasks

SELF-CARE FOCUS POINT FOR TODAY