## BUILDING A SELF-CARE SUCCESS FORMULA

THINK ABOUT YOUR TYPICAL DAY...

- What activities make you feel drained of energy or "below the line?" Is it possible to let any of these to go to make space for renewal?
- Which daily patterns or routines are not working for you right now? Why?
- Which areas of your day could benefit from more flexibility and freedom?
- Which areas of your life could benefit from some degree of added structure?
- Which patterns or habits that are already in place bring you contentment or positive energy "above the line?"
- When and where do you feel most at ease in your life?
- Which activities, places, or things make you feel inspired and alive?
- What time of the day do you feel most open, receptive, and curious?

## FROM YOUR EXPLORATION ON THE OTHER SIDE,

WHAT CAN YOU NARROW DOWN FOR YOUR SELF-CARE SUCCESS FORMULA?

These are things you MUST do every day (or most days) to be in your best energy. Allow yourself to measure your success.

Habit/Activity	Goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1								
2								
3								
5								
<u>.                                    </u>								