

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 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?

