

# Self-Care Mindfulness Tracker: Usage Tips

## Consider tracking items which honor your Physical, Emotional, Intellectual and Spiritual selves:

- What activities or relationships are safe enough for you to "be who you are" and simply love being you?
- What inspires you? What has you in "flow"?
- What relaxes you? What leaves you feeling refreshed?
- What brings out your enthusiasm? What do you get excited about doing?
- What stimulates you in a "good" way?
- What honors your deepest, core beliefs and delights your soul?

## Examples of things that may source you:

- Breathe deeply
- Visit a museum
- Drink 8 glasses of water
- Meditate
- Yoga
- Walk in nature
- Connect with your spouse, best friend
- Do something creative
- Get a massage
- Send love in the mail
- Laugh out loud
- Listen to inspiring music
- Go to a concert or show
- Take a vacation day just for you
- Keep a gratitude or joy journal
- Sing and dance
- Wear your favorite outfit
- Serve at a soup kitchen
- Paint your nails
- Go to a movie
- Read your journal and celebrate your journey
- Go on a retreat

## Items that do not belong on this form:

- Anything that feels like "should"
- Anything that drains your energy

## You might consider switching some of your items up when:

- You find they don't source you
- You've incorporated them into regular habits
- You get bored with them

## One more thing...

Notice your relationship to tracking your self-care. If you find there is resistance around it, you might consider:

- Have you lumped it with your to-do's?
- Is it just another box to check, creating a stress-response?
- Are you going for perfect or not at all?
- Can you create a relationship to this form that has you inspired and empowered?
- Can you practice both/and instead of either/or?
- What else?

**When you are tempted to forego self-care because someone or something “out there” wants your time and energy and you need to say “NO to them and YES to you”, consider:**

- I so support you (energetically) in \_\_\_\_\_ and today is not a good day for me to work with you.
- I am practicing non-negotiable self-love today and I am not available for you.
- I have learned that \_\_\_\_\_ really meets my needs. I am choosing not to do \_\_\_\_\_ these days.
- I planned \_\_\_\_\_ for today. The hardest thing for me to do in this moment is to say NO to you and YES to me. And I am practicing! So, thank you, but no.
- I appreciate that you believe I have something to offer here. And, right now, life is full and I do not have the energy you deserve. How can I help you find someone else to support you?