**Self-Care Mindfulness Tracker: Usage Tips**

**Consider tracking items which honor your Physical, Emotional, Intellectual and Spiritual self:**

* 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 honors your deepest, core beliefs and delights your soul?

**Examples of things that may source you:**

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| --- | --- |
| * 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
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**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?