

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:

- 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?

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