Self-Care Mindfulness Tracker

Daily Nourishing Activities	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	
*How do I feel when I wake?															
*How do I feel at end of day?															
Weekly Nourishing Activities		Week 1							Week 2						
		J F M A M J										~		0	
Monthly Nourishing Activities	J	F	N	/1	A	Μ	J	J	A	S	, ,	0	Ν	D	
Quarterly Neurishing Activities		Q1			Q2			Q3				Q4			
Quarterly Nourishing Activities					Ų2							Q4			

*What is the correlation between how you are feeling and your self-care follow-through?

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 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 say NO to you and YES to me. And I am practicing! So, thank you, but no.

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