

GIVE YOURSELF SOME LOVE

# Self Care Worksheet

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NOT JUST ABOUT  
CANDLES, BUBBLE BATHS, AND CHECKLISTS...

Although these are certainly helpful when talking about self care, we're going to go a little deeper.

Showing yourself some love means doing what you can to not only find enjoyment in today, but also developing a fulfilling and healthy life for the long term.

THIS INCLUDES A CONTENTED MINDSET, STRONG RELATIONSHIPS,  
AND THE CREATION OF AN ENVIRONMENT YOU CAN THRIVE IN.

Read through the suggestions on the next page, and chose the ones that speak to you; now grab your prettiest pen and jot them onto the worksheet included in this packet.

Take time each day this week to actively focus on those things, complete the suggestions you've chosen, and give yourself some love!

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### *Suggestions:*

#### **HOME (ENVIRONMENT):**

- Plan your meals for the week, post your menu and stick to it as best you can.
- Tidy up! It's incredible how clear your mind can become when your space is uncluttered. Take 10 minutes each day to tidy up the house. But give yourself some grace, this is not about spotless perfection.
- What is your favorite scent? Fill your home with it using candles, essential oils, or incense.
- Do you love music? Turn off the T.V. and other distractions, and fill your house with sounds you enjoy. And... if you have the energy and inclination to dance to the music, go for it!
- Invite a bit of nature inside. Purchase some easy to care for potted plants, or place a bouquet of flowers in a vase, and display them where they can be enjoyed.
- Make your bed. Every day. It may sound too simplistic, yet there is something wonderful about the way a made bed can start your day off on the right track. And, it keeps your bedroom from looking cluttered (remember: less clutter helps to create a clear mind).

#### **MARRIAGE (RELATIONSHIP):**

- Plan a date night. This doesn't need to be fancy, pick someplace you both enjoy and can go have some fun together!
- Show your husband you appreciate him. Is he a wonderful father? Did he fix the broken garage door? Is he always careful with your heart? What makes him special to you? How can you say thank you today?
- Renew your commitment.
- Put your marriage first. Deliberately set aside time for your spouse. Plan out an hour, or a day, and do something to show your husband that he is your priority.

#### **CONNECTIONS (RELATIONSHIPS):**

- Schedule a coffee date or a mid-day lunch with a friend you haven't seen for a while.
- Send someone a "just because" card. Use your pretty stationary and hand write the note.
- Take a few minutes to think about the people in your life that are most important to you. Do they know how much they matter? How can you show them that they are valued by you?
- Create personal boundaries. Trying to please everyone is exhausting. Define your boundaries and learn to say "no".

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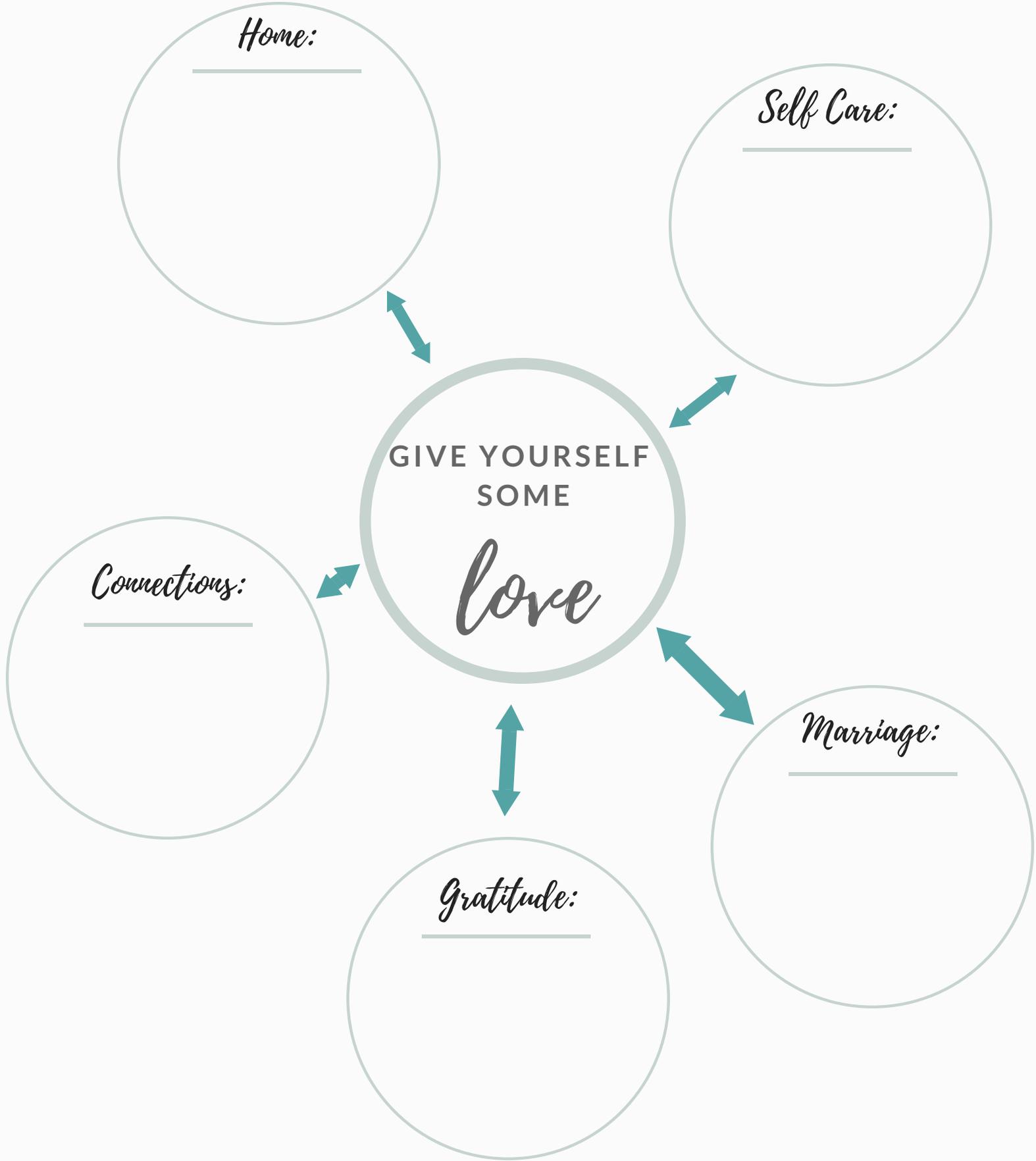
### *Suggestions:*

#### **GRATITUDE (MINDSET):**

- Give yourself a compliment! God made you unique, take a moment to really appreciate the special qualities you have.
- Volunteer. Giving to others moves our focus from our own worries or problems and gives us the ability to help someone else make their way through theirs.
- Start a gratitude journal and take notes of your daily blessings.
- Focus on today. Give yourself permission to let go of tomorrow's worries and yesterday's regrets. What can you do today to live your best life and be the best version of you?
- Chose to refrain from complaining for a full 24 hours. When you find yourself slipping into complaint mode pull yourself back, stop the complaint, and find something positive about the situation.
- Make a list of your top priorities. Decide what things, activities, and people, that you may need to let go of or spend less time on and create a plan to allow you to focus more on those things that are specifically important to you.

#### **SELF CARE (PAMPERING):**

- Get some fresh air. Go outside for a walk, stretch your muscles, and breath deep.
- Take some ME time. Sign up for the class you've been wanting to take, go see the movie you've been interested in, snuggle up in a corner coffee booth and delve into a favorite book.
- Surround yourself in softness. Splurge a bit and place some nice throw pillows and blankets on your bed and couch so you have something soft to relax into at the end of the day.
- Take time the night before to pick your clothes for the following day. Take time to dress the way you want to feel, and present yourself to the world in a way that makes you feel confident.
- Find a favorite tea and indulge in a cup to help you bring each day to a peaceful close.
- Set the mood for your day. Commit to spending a few extra minutes easing into your morning rather than waking at the last minute and feeling rushed. Play some music, moisturize with pretty smelling lotion, sip coffee from a favorite cup, write in your gratitude journal or work through a devotional. Be inspired and calm as you begin a brand new day.



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Notes :

A series of 12 horizontal lines for writing, each with a decorative flourish at the end.

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