



Self-Care Challenge

TOOLKIT & WORKBOOK

There are many kinds of self-care: physical, spiritual, social, mental, emotional. They all interweave to create a network of support for you. The focus of this challenge is **emotional** self-care. Woven into the workbook, you will find ideas and suggestions as well as space to write and reflect on the daily themes. A self-care toolkit is highly individual. A tool that works for you might not work for someone else. Take this time and space to craft a toolkit that serves you. Enjoy the challenge, and shine on!

What is your goal for this emotional self-care challenge? What would you like to feel more of? less of? If one thing were different at the end of the next two weeks, what would it be?

Day 1:



Day 2:

EMOTIONAL SELF-CARE EXPERIMENTS

Observe your experience in the laboratory of your life!

- Notice whether you feel energized or depleted after spending time with a specific person or on a certain task.
- Do a body scan and notice how you are feeling. Have a dance party and notice if anything has shifted.
- Use an app like Mood Meter or the mood tracking feature of the Calm App to gather data about your moods. Is one bad day overshadowing otherwise sunny days? Or are you minimizing your stress and contorting yourself into toxic positivity?
- Drop the words. Take a complaint in your life and tell someone ALL about it while holding onto your tongue. What does your body feel like?
- Next time you are gathered around a table, express your appreciation about something specific to each member of your family. Invite them to join in!

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

You have made it to the halfway mark!

How are things going? Revisit your goal and see if there are any adjustments you want to make. Adjusting the plan can be a radical self-care move. Give it a try.

Day 8:

Day 9:

Day 10:

Day 11:



Take Inventory

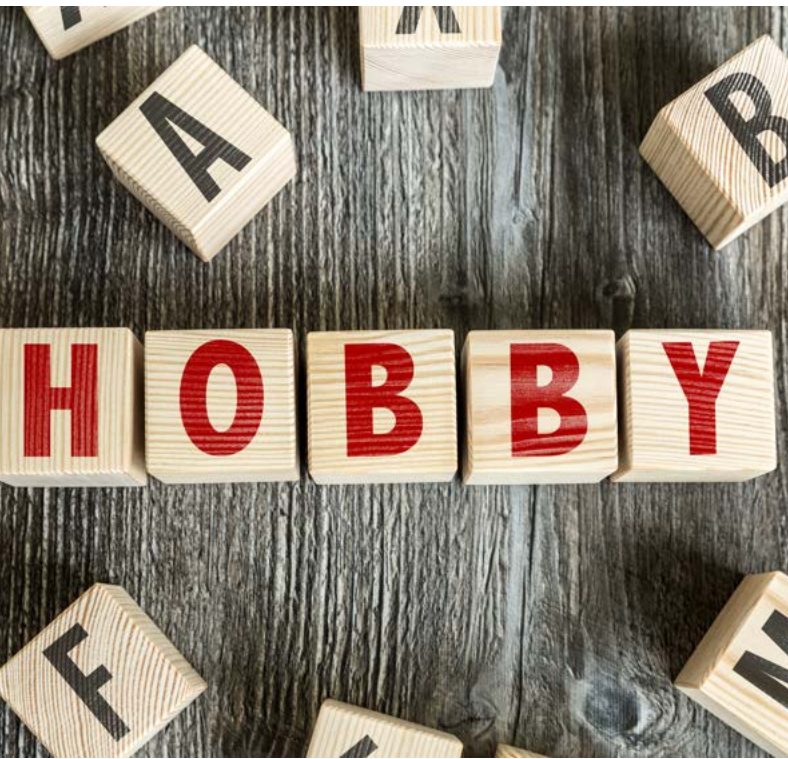
What are your hobbies + interests?

What are your gifts?

What are your goals?

What are your core values?

WHO IS THE SELF YOU ARE CARING FOR?



Day 12:

Day 13:

Day 14:

You made it! Two weeks of emotional self-care.

What did you learn about yourself? What are your top three emotional self-care tools?

