5 DAY Self-Care CHALLENGE

Self-care is difficult in all seasons of life. This season of caring makes it even more challenging. Taking a first step can lead you to a healthier season which will allow you to care better too.

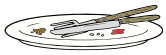
There are 1440 minutes in a day, can you find 15 to take care of you? You get to decide what you are going to do during your 15 minutes. The key question is what brings you joy? Below I have shared some self-care activities I enjoy, just to get you thinking.

go to bed 15 minute early or take a nap.

laugh out loud

Read a book

Make a list of 3 things you are grateful for or journal


enjoy a healthy snack

get moving, my favorite way is to go on a walk with Roxy

sit down and enjoy your favorite beverage without your phone

give and get at least 1 hug

Self-Care Challenge Directions

1. Look at the Self-care activities you are already doing. *How much time do you spend daily?*
2. Now challenge yourself, to increase it to at least 15 min. everyday.
3. Set your daily goal for the 5 Day Challenge.
4. You earn 1 point per minute you spend on your self-care. *Record your activity & points daily.*
   (If you already enjoy 15 minutes a day, can you add 5 more minutes?)
5. Report your points in our Hope Over Regrets Facebook Group for a chance to win a prize.

What is your daily goal? _____ minutes

Day	Self-care Activity	# of Minutes
1		
2		
3		
4		
5		

Remember you earn 1 point per minute you spend on a self-care activity.

Points Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____

Congratulations on completing the 5 Day Self-Care Challenge! Now keep up the good work and take care of you so you can better care for your loved one!

Total Points ____

Need some help improving your self-care? Contact me today to see how working with a coach can help. Schedule a time to talk @ www.TalkwithRayna.com

Rayna NEISES
TAKE HEART IN A SEASON OF CARING

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