

MASTER SELF CARE

Schedule YOU DAILY



Written by Koach Keisha

Daily Reflection

Engaging in regular self-care practices is vital for maintaining overall health and well-being. Benefits of self-care includes enhanced self-confidence, increased productivity, and greater happiness. A national survey found that Americans reported these benefits as 64%, 67%, and 71% respectively. (Source: Mental Health First Aid)

Date:

Water: 8 glasses

Exercise: 30 min

Today, Write a note of encouragement to yourself

Today, Take 5 minutes to sit in silence and breathe deeply

Today, Do something creative like drawing, painting or crafting

Today, Practice saying "no" to one unnecessary task

Daily Reflection

We as women are constantly pouring ourselves, Stop pouring from a place of EMPTY, and take a few moments every day to FILL YOU then POUR and REPEAT!!

Date:

Water: 8 glasses

Exercise: 30 min

Today, Write down YOUR wins for the day, no matter how small

Today, Spend time in gratitude, listing blessings in your life

Today, Take a digital detox for an hour or more

Today, Dance to your favorite song for 5 minutes

Schedule You

SUNDAY

Spend 10 minutes reading a book or devotional

MONDAY

Write down one thing you LOVE about YOURSELF

TUESDAY

Drink a Glass of Water First Thing in the Morning

WEDNESDAY

Meditate or Pray 5-10 minutes (try an app like Headspace or Calm)

THURSDAY

Make a list of things that make you happy

FRIDAY

Cook a favorite meal or order takeout you enjoy

SATURDAY

Take a long relaxing bath or shower

Add to your calendar and then make YOURSELF a reoccurrence. Scheduling "YOU" daily does not take a lot of time, "YOU" just have to see "YOU" are worth "penciling" in too, LOVE YOURSELF WELL!!

YOU matter, **YOU** will be better to those people, things and situations that are on your schedule if **YOU** include **YOU** in the occurrences. Self-care is not selfish; it is preparing **YOU** to **GIVE THE BEST** of **YOU!!**

TOOLS TO HELP YOU Prioritize Yourself Daily

**Set An Alarm On Your Cell Phone
Titled:"Did I Love On Me Today"**

**Download A Meditation Or Bible
App**

**Start Your Day With Prayer Or
Your Spiritual Routine Of Choice**

**Place Positive Affirmations In
View Daily And Repeat Them To
Yourself**

**Breathe In For A Count Of 5, Hold
For A Count Of 5 And Slowly
Release For A Count Of 5 (Repeat
Throughout The Day)**

**Choose A Friend Or Love One And
You Hold Each Other Accountable
To "Love On Yourself" Daily (Even
If Just 5 Minutes)**

About the Author



Koach Keisha

LaKeisha is a Registered Nurse with over 20 years in health care experience. LaKeisha has spent nearly 20 years in the acute care setting working in a variety of areas. LaKeisha's passion for people, people development, education, advocacy and overall healthy living led to the creation of FHG Health and Wellness, PLLC. **Contact Koach Keisha today and sign up for a 15-minute \$20 exploration call and begin exploring how to better care for YOU, oh and don't forget THE WHY.....YOUR QUALITY OF LIFE DEPENDS ON IT!!.** [Learn More About Our Services](https://www.fhghealthwellness.com) or visit [fhghealthwellness.com](https://www.fhghealthwellness.com)