

Self-Care

Simple Steps Towards a Healthier, Happier Life

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Stephen Johnsy
Your Mastery Life

Self-Care Handbook



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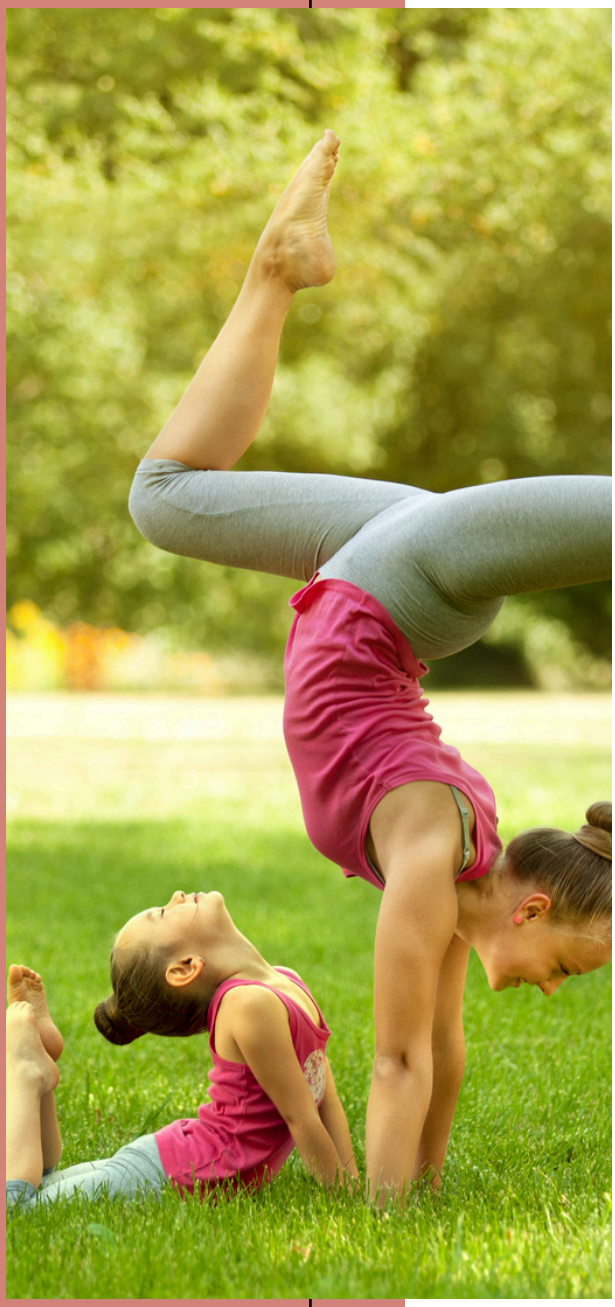


Self-Care

Self-care means taking practical steps to look after your physical, mental, and emotional well-being.

It may sound obvious, but everyday commitments and pressures often make self-care easy to ignore.

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Why Practice Self-Care

1. Increase Quality of Life
2. For Better Performance
3. To Reduce The Risk of Burnout
4. To Help You Be More Present
5. To Improve Your Mood
6. It Helps Improve Your Relationships

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It can be a challenge to make time for your self-care activities due to a busy schedule.

If you're struggling to find time to fit in your self-care measures, below are a few tips you can try and implement to improve your self-care habits.

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Tips For Better Self-Care

1. Include It In Your Daily Routine
2. Do What Suits You & Your Schedule
3. Learn To Cultivate Gratitude Daily
4. Avoid Aimless Indulgence Into Social Media
5. Be Open To Try Something New
6. Allow Yourself To Be Teachable

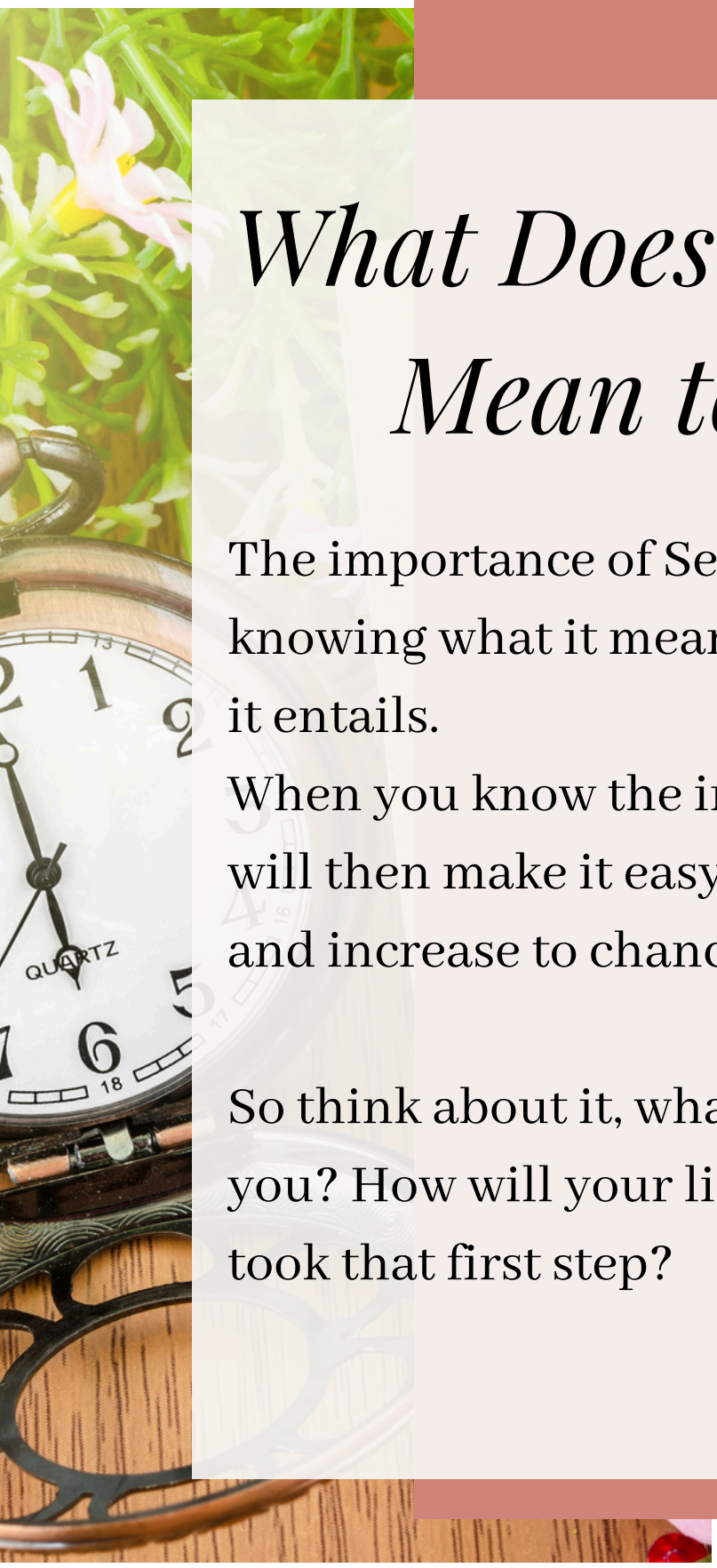


Self-Care Leads To Mindset Shift

Self-care cannot remove every challenge, but it can help you approach daily life with greater awareness and intention.

What happens around you will also change because of the Mindset Shift, helping you become your best self. In due time, someone will be influenced in a positive way because of the decisions you took!

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What Does Self-Care Mean to You?

The importance of Self-care stems from knowing what it means to you and what it entails.
When you know the importance of it, it will then make it easy for you implement and increase to chances of compliance.

So think about it, what does it mean to you? How will your life change if you took that first step?

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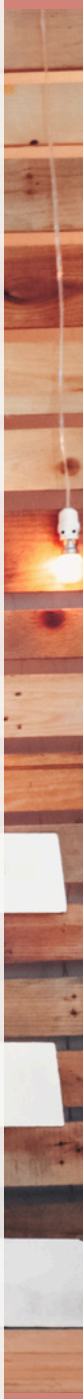
With every act of Self-Care, your authentic self gets stronger, and the critical, fearful mind gets weaker.

Every step you take of Self-Care is a powerful declaration: I am on my side, I am on my side.

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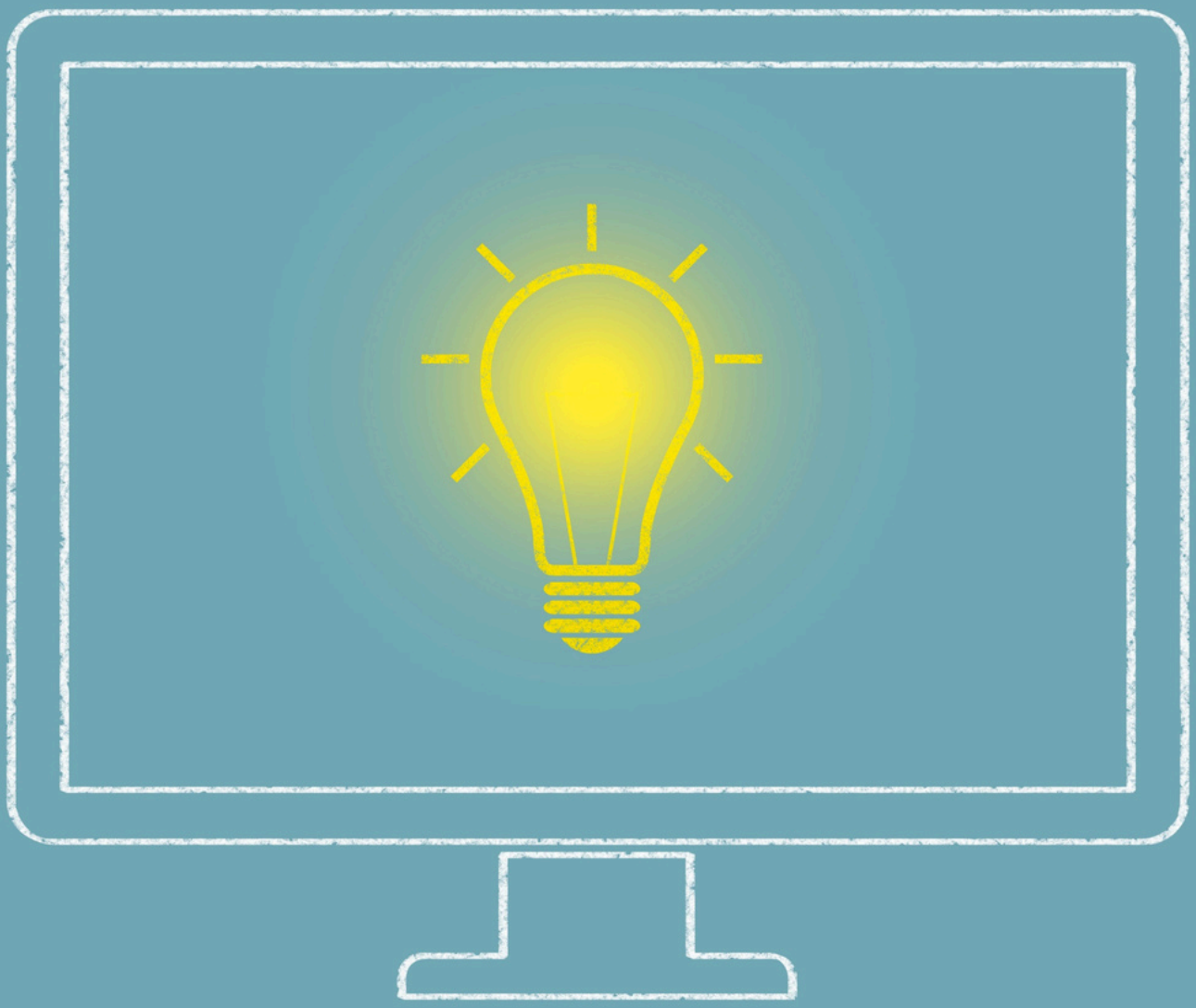
Taking Good Care of Yourself Tips

1. Make time for a routine that suits your needs and schedule.
2. Incorporate Regular Exercise Into Your Schedule
3. Get organized; try to stick to your diary
4. De-clutter Your Environment
5. Schedule Your Proper Breaks
6. Learn To Say No
7. Use Time Blocks If it works for you
8. Have Time For Loved Ones; it's as important
9. Get Regular Good Quality Sleep
10. Treat Yourself As A Reward



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Mindset

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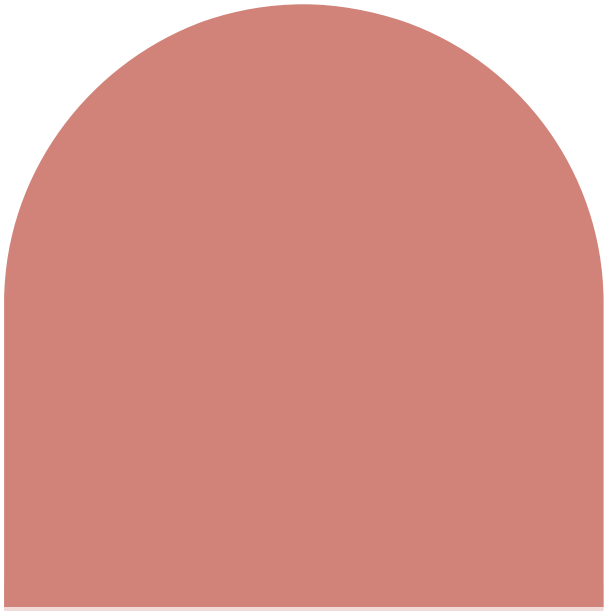


It's always important to do something today that you can look back in the future and be proud that you took a step! Our actions and decisions today will shape the way we live in the future. The time is now to CREATE the LIFE you want to live in the future!

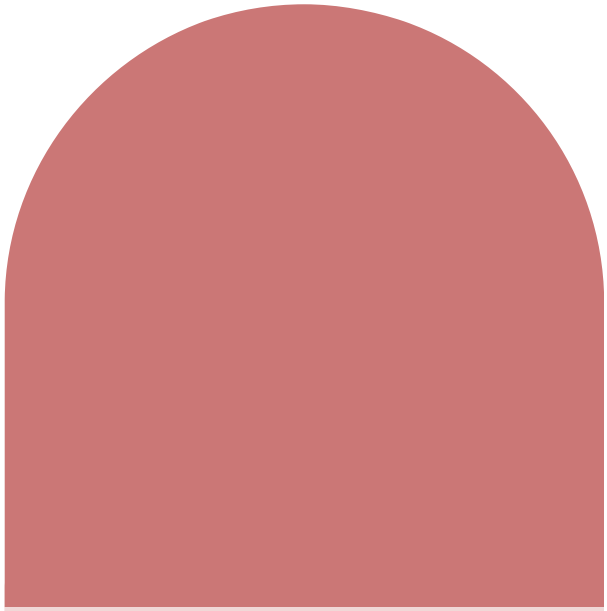
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Daily Success Habits

This tool helps you build a simple personal framework around which the rest of the day's activities fall into place.



Top 3 Priorities in Life



Top 3 Stressors in Life

What positive daily habits could you introduce?

(Write up specific and measurable actions that best support your life)

Habits	Benefits to Me

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Self Care

WEEK: _____

DAYS	SELF CARE ACTIVITIES
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

THINGS I'M GRATEFUL FOR	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

WEEK REVIEW		

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Notes

Date: _____

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