



# Self Care Exploration

What you do, What you need, What you want;  
Mindful Self Care.



 **Altraform, LLC**  
Realign, Transform, Thrive.

# Weekly Calendar Companion

Sleep Hours: Did you get at least 7 hours of sleep? Are you sleeping on more of a consistent schedule? How would you rate your sleep routine? Excellent, Good, Meh? How many hours did you get?

Exercise: Step count/brisk walk/class/ yoga/ home work out - something for 20-30 minutes.  
Bonus for 5 min Morning Stretch; Bonus for 5 min Evening Stretch

Water: Are you drinking enough water daily? Rough formula is  $\frac{2}{3}$  your bodyweight or 8-10 glasses per day. Avoid caffeinated/sugary beverages.

Food: Did you focus on whole unprocessed foods? low or no sugar? Fresh fruit / Veggies?

Take a moment to reflect 2-5 minutes, can be during walk, meditation, journaling: Focus on your breath, become aware of your toes. How does caring for your self feel?

Need: What do you need in this moment? to continue self care? to take this a step further? to nourish yourself? How are your parts reacting to this effort? Are you feeling Calm, Connected, Clear, Confident, Creative, Curious, Courageous or Compassionate? Note any that might resonate on your sheet or in a journal if you keep one.

# Weekly Calendar

Triumphs, Tribulations, Things to Revisit with Compassion.

○ Monday ○ Tuesday ○ Wednesday ○ Thursday ○ Friday ○ Saturday ○ Sunday

Sleep Hours

Water

Food

Exercise Type

Reflection

Need