



Self-care

DAILY RITUALS FOR AN EXTRAORDINARY LIFE

Self-care is not frivolous; it's absolutely essential to an incredible life. When you fill your cup first, you can give to others authentically and deeply. Use these tools and start noticing the miracles that appear in your life.



ALIGNED EXERCISE

Find exercise that's truly enjoyable, invigorating, and relaxing for you. Practice regularly, if not every day.

BODY & SKIN CARE

Your skincare routine should be something you enjoy, and taking the time to focus on yourself reaps mind, body, and beauty benefits. Include dry brushing, oil massages, tongue scraping anything that nourish you.



HYDRATE

Did you drink enough today? Additionally to drinking lemon water in the morning, aim to drink 2 liters of water throughout the day. Go for filtered water to avoid unwanted chemicals, bacteria and pathogens.

EAT WELL

Making healthy food choices is not only a way to take care of yourself physically, also mentally. Try listening to your body and provide it with nourishing foods that it truly craves, Not feeling like cooking, treat yourself to a delicious and nutritious meal in one of your favourite cafés in town. For those who want to take it a step further? Practice mindful eating.



RECHARGE

Calm your mind - and this doesn't necessarily mean meditation. It's about giving yourself space to do whatever is restorative for you. This could be listening music, something uplifting, going for a walk, enjoying a cup of tea, or just staring out the window watching the world go by. Reflect, refresh or simply rest will allow you to feel both freer and more focused.

REST

There is nothing better than waking up feeling fully rested, awake, in a good mood, and ready to take on the day. When is the last time you had a day like that? Sleep can do wonders so reason enough to prioritise it.



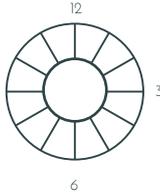


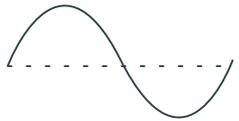
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DAILY CHECK-IN

Dive into self-care and make it a habit to simply check in with yourself. This form will help you keep track of your self-care practices. Relax, have fun and appreciate yourself!

DATE:

HOURS OF SLEEP: 

OVERALL MOOD: 

HYDRATE: 

TODAY I APPRECIATE MYSELF FOR:

PHYSICAL ACTIVITY

BEAUTY ROUTINE

Dry brushing Oil massage

Tongue scraping _____

NUTRITIOUS FOODS

Whole grains Vegetables Proteins

Fruits Healthy fats

MINDFUL EATING

TIME FOR MYSELF

Journal Reading

Meditate _____

GOALS AND INTENTIONS:
