

WEEK 4 CHALLENGE: *SELF CARE*

NEW YEAR'S
REVOLUTION

GRATITUDE

Every day write down three things that you are grateful for.

By intentionally noticing & observing what is good in our lives, we experience more gratitude, positive moods, optimism about the future as well as better sleep.

BREATHE

Do the 4-7-8 breathing technique two times each day. Take a deep breath in for slow count of 4, hold your breath for count of 7, full exhale for count of 8. Repeat cycle four times in one sitting.

JOY

Do something intentional every day, even for just a couple minutes, that brings you joy. Self-care doesn't have to be expensive, take a lot of time or be overly complicated. It just needs to become a lifelong daily habit.

Here are some easy & inexpensive ways to add self-care to your daily life:

- Write down five things you are grateful for in your life. Gratitude breeds joy.
- Pump up your positivity & optimism by surrounding yourself with upbeat quotes and sayings.
- Look for the good in all people and situations.
- Get out of bed 10 minutes earlier and stretch.
- Do not check email or social media for 30 minutes after getting up in the morning. Better yet, check out of social media for a day or a week or more.
- Do a random act of kindness.
- Allow yourself to let go of toxic relationships.
- Listen to a comedian while doing chores.
- Work up a sweat. Exercise is a tonic for the soul.
- Take a walk outside, even just five minutes helps.
- Tidy up a room, a closet or a drawer. Sounds like work, but you'll feel great after.
- Incrementally add more vegetables to your diet.
- Meditate, either silently on your own, with a free guided app or YouTube.
- Play a song you love and listen without distraction.
- Give a stranger a compliment. Sounds silly, but see how it feels.
- Practice positive affirmations. Remind yourself that you are worthy, just as you are.
- Sleep. Never underestimate the power of a good night's sleep or a power nap.
- Forgive. Not because the person necessarily deserves it, but because you deserve to let go of the situation.
- Mindfully enjoy a sunrise or sunset.
- Practice stress management breathing exercises.

SELF-CARE TRACKER:

SUNDAY

Breathe: Joy:

Gratitude: _____

MONDAY

Breathe: Joy:

Gratitude: _____

TUESDAY

Breathe: Joy:

Gratitude: _____

WEDNESDAY

Breathe: Joy:

Gratitude: _____

THURSDAY

Breathe: Joy:

Gratitude: _____

FRIDAY

Breathe: Joy:

Gratitude: _____

SATURDAY

Breathe: Joy:

Gratitude: _____

YOU COMPLETED WEEK 4!

Congratulations, you did it!
Try to continue reaching these goals every day & make them part of your daily routine.