



SELF-CARE CHECKLIST

	SU	M	TU	W	TH	F	SA
Take 3 deep breaths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend some time outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Connect with a loved one	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink plenty of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enjoy some music, a movie, or a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some physical exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Limit media exposure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Create: paint, dance, cook, sing...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REMINDERS



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<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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REMINDERS



How To Use Your SELF-CARE CHECKLIST

During any time of change in your life, building the Skillset (the habits, structures and support) that you need for the life that you desire is critical. All of our work at Call Me Unstoppable is grounded in the Trifecta of Unstoppable: Heartset, Mindset and Skillset...and knowing how to keep these elements in alignment is the foundation of living an unstoppable life. Even when unstoppable looks like making it through having the kids stuck at home, worrying about your job/paycheck or living alone during a stay-at-home order.

The Self-Care Checklist is a great example of what we call a Reminder Without Effort; that is, a way to practice new habits that doesn't rely on you remembering what it is that you are practicing. We, as human beings, fall right back into our old habits and patterns the moment we lose focus. With the Self-Care Checklist, the work is done for you: you have an external visual reminder of all the self-care habits you are practicing...no remembering required!

Using your Self-Care Checklist couldn't be easier:

1. Fill in each of the blanks with the habit that you are practicing – this is anything that takes care of you; for example:
 - Drinking 8 glasses of water every day
 - Connecting with someone
 - Practicing the tapping process Lou Ellyn shared with us
 - Taking a nap
 - Practicing the breathing exercises Melissa showed us
 - Meditating
2. Check off each habit as it is completed every day...and notice which habit(s) could use more attention, if there are days of the week when you seem to complete fewer self-care items, etc.
3. You can change/adjust your self-care items as often as you like – this is your list, there is no right answer. There is only what works well for you and fills your cup, your well-being.
4. The Reminder section is the place to put messages to yourself, reminders of the intention behind your self-care practices. This might be:
 - Breathe, you've got this!
 - I love you, all you need to do is your best in this moment.
 - Baby steps are GREAT
 - Self-care is my #1 job.
 - When I take care of myself, EVERYONE benefits.

To learn more about the Trifecta of Unstoppable and Unstoppable U™ (our online program with group coaching), go to www.callmeunstoppable.com!