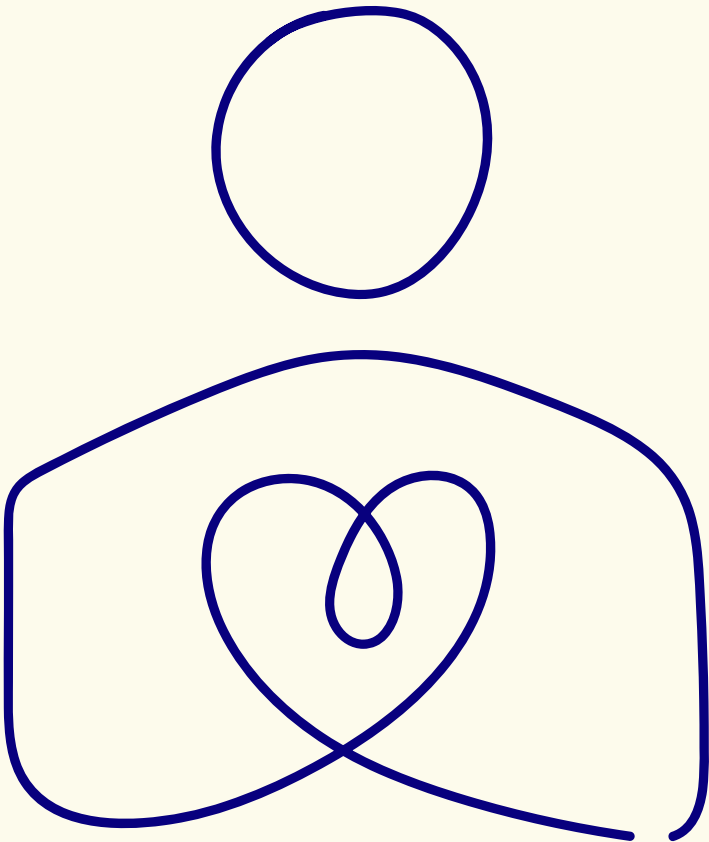




A BEGINNER'S GUIDE TO IMPLEMENT

# SELF-CARE HABITS



**Know your  
WHY**



**Identify the  
WHAT**



**Simplify the  
HOW**



# Thank You!



## FOR PRIORITIZING YOUR WELL-BEING

*You decided NOW is the time! You're ready to take a step to transform your health and well-being. To set aside time for yourself and implement lifelong self-care habits.*

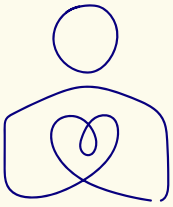
*You want vitality and to bring positive energy to every person you connect with. You realize the state of your well-being affects the way you serve others. For when your vessel is empty - when you're exhausted and on the verge of burnout - your purposeful impact diminishes.*

*This guide is for you - a loving, compassionate, and selfless person with a big heart of service. It will help you build a foundation to develop meaningful self-care habits aligned with your values. A personalized plan of action you'd be motivated to do since you designed it yourself.*

*I'm excited for you to start your self-care journey. Thank you welcoming me to be a part of it.*

BE WELL  
SERVE WELL

 Elaine



## Know your WHY



**Do you know why you do what you do?** Or is there a disconnect between your why and your current lifestyle? While it may be easy for some people to know their why, it may be challenging for others. It requires you to dig deep to discover your true inner desires. Where to start? On a piece of paper (or if you have a journal), I invite you to write down your responses to these questions:

**What matters to me the most?**

**What are my top three values?**

**How is my well-being linked to these values?**

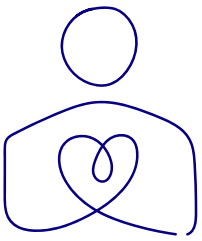
By spending time to answer these questions, you'll discover that your values are connected to an innate desire for wellness. As a result, you start to envision a healthier version of yourself. Someone with a different lifestyle - one that nourishes your body, mind, and spirit and is aligned with your values. I encourage you to articulate this vision of your ideal self in the present tense. What are you thinking, feeling, and doing? What behaviors are you consistently doing for your wellness? Be as descriptive as possible!

*Example: Olivia is a mom of 2, in her mid-40s, and 'tired of being tired'.*

***"I have healthy eating habits and set a good example for my family. I regularly exercise, so I delay aging and preserve my ability to function well in my older years. I am energized throughout the day to take care of my kids as well as serve several hours at my church's kids ministry."***

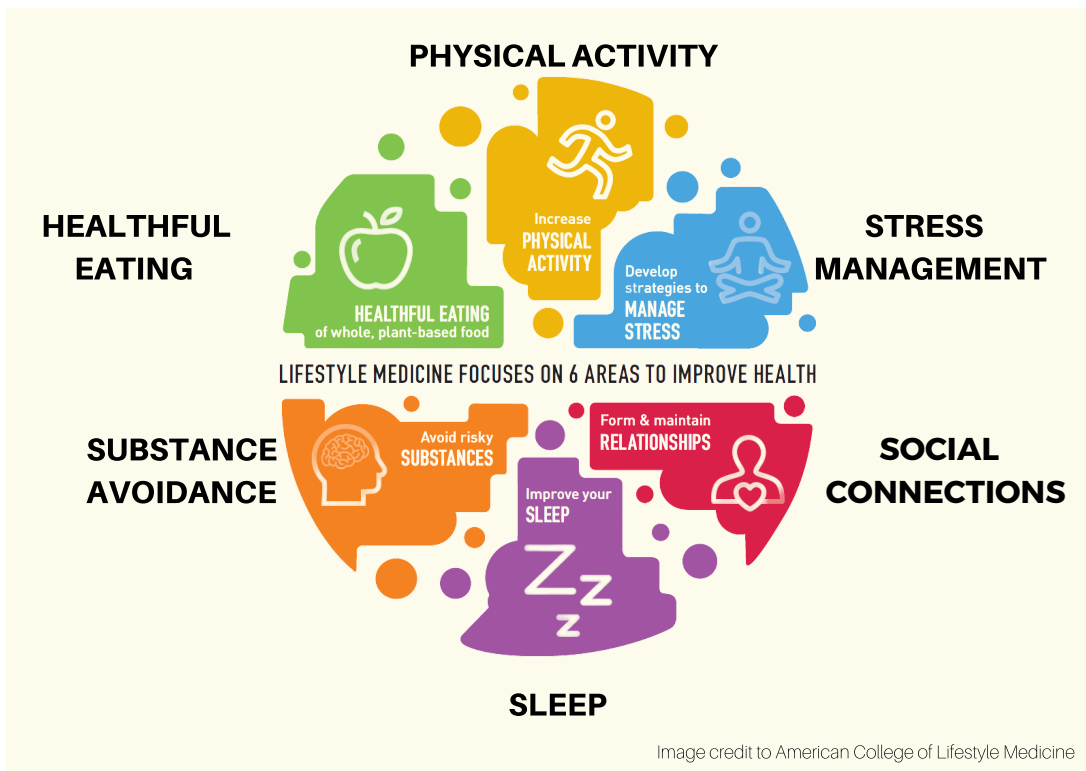
 **My Ideal Self:**

Now that you know your WHY, the next step is identifying your WHAT. The WHAT ultimately leads you to whom you envisioned as your ideal self.



## Identify the WHAT

With a vision of your ideal self, identify the healthy behaviors you want to do consistently. These self-care habits are ones you'd like to develop and define your lifestyle. Then, by taking a look at the six areas of Lifestyle Medicine, you'll be on the right path to restore and nourish your well-being.



Brainstorm as many different ideas to get specific on the healthy behaviors you'd like to start doing. It could even be fun to ask your family or friends to do this exercise with you. With their help, creative ideas might come up that you might not have thought of on your own.

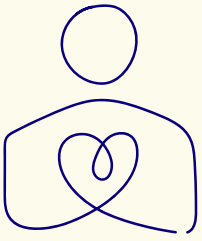
**Example: Olivia brainstormed with her family to come up with ideas that will help her move forward to her vision.**

I have healthy eating habits

- eat balanced meals
- eat more fiber-rich food
- mindful eating - Ask am I hungry?
- consume less added sugar
- read ingredient labels before buying food

I exercise regularly

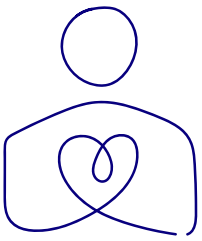
- stand up and move every hour
- go for a walk after dinner
- add strength training
- run every other day
- do yoga for 20 min in the morning



# Identify the WHAT



**My ideal healthy behaviors:**



## Simplify the HOW



Armed with a long list of ideas, part of you may start to feel overwhelmed. But don't worry! You're going to simplify this list by selecting your top three based on these rating questions:

- **Can I get myself to do the behavior?**

Rate each behavior from 1 to 5:

1 corresponding to No, I can't get myself to do the behavior

5 corresponding to YES, I'm ready, willing, and able

- **Is this behavior very effective at nourishing my well-being?**

Rate each behavior from 1 to 5:

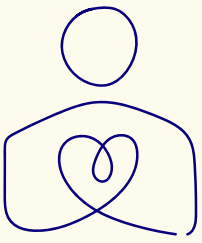
1 corresponding to Not as effective

5 corresponding to Very effective

Once you're complete with rating each behavior, the top three scoring behaviors will be the ones you'll focus on in the next 3 to 6 months.

**Example: Olivia wasn't sure which behaviors to focus on first but this exercise gave her more clarity.**

Ideal healthy behaviors:	Can I get myself to do the behavior	Is this behavior very effective
- eat balanced meals	3	5
- <b>consume less added sugar</b>	<b>5</b>	<b>5</b>
- mindful eating - Ask am I hungry?	4	5
- eat more fiber-rich food	2	4
- read ingredient labels before buying food	4	4
- stand up and move every hour	3	5
- <b>go for a walk after dinner</b>	<b>5</b>	<b>5</b>
- add strength training	3	4
- run every other day	1	3
- <b>do yoga for 20 min in the morning</b>	<b>5</b>	<b>5</b>



**Simplify the  
HOW**



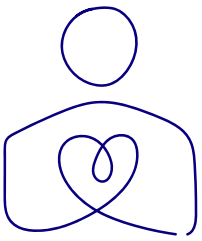
### Rate my ideal healthy behaviors



**My ideal healthy behaviors:**

Can I get myself  
to do the behavior

Is this behavior  
very effective



## Simplify the HOW



With three self-care behaviors as your focus, let's translate them into action using the S.M.A.R.T. approach. In the next three months, these are the self-care practices you commit to doing.

The **SMART** approach turns these behaviors into **S**pecific, **M**easurable, **A**ction-Based, **R**elevant, and **T**ime-bound goals.

I encourage you to write down the details - what, how, when - so that you can picture yourself doing the behavior. As a result, you're more likely to follow through with your plan of action.

### ***Continuing to build on the example:***

***Olivia selected these three behaviors to turn into SMART goals - Consume less added sugar, walk after dinner, and morning yoga.***

#### **SELF-CARE BEHAVIORS**

#### **3-MONTH PLAN OF ACTION:**

Consume less added sugar



I will eat plain greek yogurt with fruit instead of sweetened yogurt for breakfast three times a week.

Walk after dinner



I will walk for 10 minutes with my dog and family Monday to Thursday after dinner.

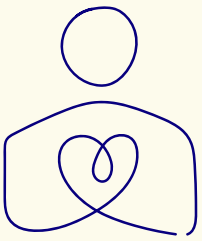
Morning yoga



I will do yoga for 20 min - M,W,F - after my morning coffee with my favorite youtube yoga instructor Adriene.

*Note: When you notice you're more consistent with your written plan of action, and it becomes much easier to do, stretch yourself to try something new. For example, after a month, Olivia's palate adjusted to the plain greek yogurt with fruit and is ready to tackle her Frappuccino habit.*





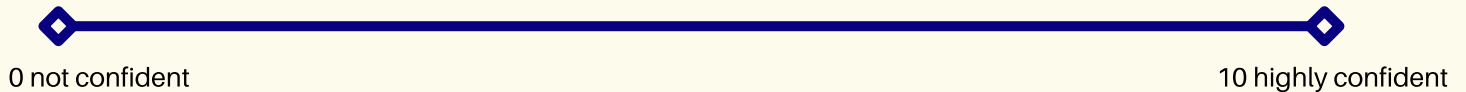
**Simplify the  
HOW**



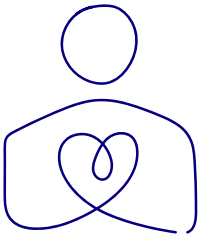
 **SELF-CARE BEHAVIORS** **3-MONTH PLAN OF ACTION:**



Read over your action plan and rate your confidence level for implementing each behavior. Ask from 0 to 10 (with 0 as having no confidence and 10, you feel really good about it), are you confident with your plan of action? If your confidence is below a 7, simplify even further by taking smaller steps.



*Gentle Reminder: A Wellness transformation takes time.  
However you will notice your confidence increases  
as you build these self-care habits.*



## Simplify the HOW



**Back to the example.** After Olivia took a second look at her plan, she rated her confidence a 6 with walking after dinner 4 days a week and doing morning yoga 3 days a week. She decided to start with 2 days a week of walking after dinner - Mon/Wed and yoga 1 day a week on Fri. She will approach each week as an 'experiment' and make adjustments based on her experience and lessons learned.

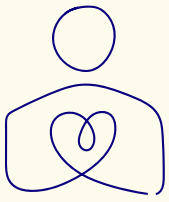
### Action plan this week:

I will go for a 10 min walk after dinner with my dog and family on Mon and Wed.

I will do yoga for 20 min on Friday after my morning coffee with my favorite YouTube instructor, Adriene.

*Note: It's up to you to decide how many behaviors you'd like to commit to each week. You can start with one or all behaviors. Just remember it's trial and correction. It's trying something new and different that might not work the first time you do it. Still, it enables you to learn from the experience to tweak the plan for improvement in the following weeks.*

### My Action Plan this week:



# Your Vision and Action Plan

 **My Ideal Self:**

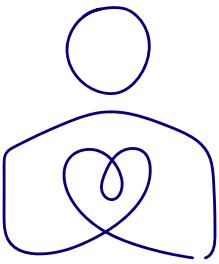


**SELF-CARE BEHAVIORS**

**3-MONTH PLAN OF ACTION:**



**My Action Plan this week:**



# Celebrate!

YOUR WINS - BIG AND SMALL

The last piece of your wellness journey is to celebrate every inch of success you experience along the way. Never delay a celebration to the end. It is as important to affirm and acknowledge your hard work, no matter how small it may be.

BJ Fogg pointed out in his book, *Tiny Habits*,  
**"...habits can form very quickly, often in just a few days, as long as people have a strong positive emotion connected to the behavior."**

It's because you're wired to remember pleasant experiences. So in whatever way, it works for you, whether it's a loud clap or a short phrase like 'Yes, I did it!', learn to embrace this powerful approach of celebration.



*I'm truly grateful you've taken a step to nourish your well-being by completing this guide. I invite you to share your vision, ideas, and goals with your family and friends. Then, find a support system who will be there for you for when it becomes challenging.*

*If you feel working with a certified health coach would greatly benefit you, please consider scheduling a free 30-minute session with me. Please click on the link for easy scheduling: <http://bit.ly/eSdiscovery>.*

*With much gratitude,*

 *Elaine*