Hi! I’m we’re excited you’ve invested in our Self Care Planner!

Self Care has become such a buzz word recently. There’s got to be a reason why. Is it that our fast paced lives are just too much for us? Perhaps we’re getting burnt out by always being ‘on’ being constantly hooked into tech, our work spills into our personal lives at a click of a button or a beep of a notification.

What ever the reason, the Self Care revolution is much needed. Mental health issues are on the up and a shocking percentage of the Western world is suffering anxiety and on medication. We have over 300 friends online but no one to call in a real life crisis.

Celeb culture continues to push out unrealistic images and standard for beauty, status & wealth. It can all seem so vapid and shallow. But there is a shift. A push back against the ‘climb the ladder, house and 2.5 kids, perfect body’ values and lifestyles. More than ever people are on a search to live wholly and fully. To use their unique gifts and talents to make a difference to their own lives and other. To live a life of purpose and intent.

A quest for wellness, to be stress free, to turn off the noise. To make their own rules and create lives they truly desire.

As you search out your own life path where you feel free, passionate and intentional we want to offer tools and resources to help inspire, motivate and organise your life.

This is self care at it’s ultimate. To choose to take responsibility for your own well being. To be empowered to make changes in your life, to take responsibility and choose to keep moving forward towards your goals.
How to use your planner:

On Page 1 you’ll find a list of self care acts to help inspire you. Have a look through and see what speaks to you. To enjoy full wellness so it’s important to nourish your body, mind and soul. Brain storm and mindmap your own ideas of ways to help keep your mind light, body fuelled and soul nourished.

<table>
<thead>
<tr>
<th>Self Care Planner</th>
<th>Inspiration</th>
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<tbody>
<tr>
<td>* Have a bubble bath</td>
<td>* Make a vision board</td>
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<tr>
<td>* Get a massage</td>
<td>* Write a gratitude list</td>
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<tr>
<td>* Paint your nails</td>
<td>* Do some gardening</td>
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<tr>
<td>* Get your hair done</td>
<td>* Tidy up your desk</td>
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<tr>
<td>* Go for a walk</td>
<td>* Learn a new skill</td>
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<td>* Dance</td>
<td>* Make a fresh bed</td>
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<tr>
<td>* Read a book</td>
<td>* Have a quiet day</td>
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<tr>
<td>* Phone a friend</td>
<td>* Cook or Bake</td>
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<tr>
<td>* Have a hot drink</td>
<td>* Volunteer</td>
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<tr>
<td>* Plan fun activities</td>
<td>* Do something kind for someone else</td>
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<tr>
<td>* Paint or draw</td>
<td>* Write down 3 of your accomplishments</td>
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<tr>
<td>* Make some crafts</td>
<td>* Do some stretches</td>
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<tr>
<td>* Creative writing</td>
<td>* Light a scented candle or essentials oils</td>
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<tr>
<td>* Take a nap</td>
<td>* Pamper yourself</td>
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<tr>
<td>* Deep breathing</td>
<td>* Create an uplifting statement about your qualities &amp; gifts</td>
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<tr>
<td>* Journal your thoughts</td>
<td>* Play with a pet</td>
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<tr>
<td>* Sit quietly and reflect</td>
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<tr>
<td>* Spend time with friends</td>
<td></td>
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<tr>
<td>* Create a goals board</td>
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Use the monthly Calendar to plot out key events and ways to take care of yourself. Getting something written down means you are more likely to keep to it. Self care has an important part to play in life. Self Care helps reduce stress, refreshes your energy and promotes feelings of well being, calm and relaxation.
Weekly self care planner:

Use one of the weekly planner templates to plot out more details. The planner breaks down into 3 parts Body, Mind and Soul. In each section fill out your self care plans to cover each of the 3 elements. It may be hard when you’re busy but trying to do something daily across the 3 elements will make a difference to your mood and well being.
Daily self care planner:

The Importance of gratitude

Each day take the time to structure your day. Thinking about what you’re grateful for creates feelings of well being and thankfulness. It’s usually when we neglect to consider what we own and have achieved that the feeling of dissatisfaction comes in and the green eyed monster rears its ugly head.

We look to what others are doing and see the gap of where we are and where we wish to be. That gap can be such a dangerous place that seeks to suck us in and pull us down into its depths of despair - feeling that we can never be, have or achieve what we want. We easily forget someone else success doesn’t limit own

That’s why gratitude and gratefulness is such a help. Gratitude is the antithesis of envy and striving. As we spend time to focus on everything we already have and become thankful for it that gap lessens. True gratitude means that what ever life situation we find ourselves in we can still be content and thankful in the moment and enjoy a sense of peace for what we already have and enjoy it.
Daily self care planner:

The Importance of Planning

It’s so easy for the hours to slip away and be left with little to show for it! Without a plan we can find our time eaten up with small jobs or urgent chores. With a lack of focus we can take a reactive stance to our day rather than a proactive one. A reactive stance means your time is filled with other peoples requests or urgent but not important tasks that don’t drive your ultimate goal.

Without an overview bigger picture and focus for our life it’s easy to drift along. The days turn to weeks, into months then years. One day you wake up and realise you didn’t really achieve the things you wanted or show up in the world the way you dreamt of.

Taking time to create a vision board and decide what you want from your life can help you find focus. Take time to explore your values and passions and discover your reasons why. Your why may be to raise money for a charity that helped a family member, you may have overcome a challenge in your life that you want to help others with or start a business so you can work around your family. Your reason why is unique to you. Once you’ve connected to your why, refer to it when you make decisions and use it as a filter for what you pursue and what you say no to.

Once you have your goal in mind work your way backwards and reverse engineer it. Walk backwards through the steps of what it would take to get there. Plot out these actions on a macro and micro level.

Keep breaking each step down until you have doable bite size pieces that don’t feel overwhelming. Plot out these actions on a macro and micro level.

Each day choose 3 focus tasks that will bring you close to your ultimate goal. 3 will feel manageable and help you avoid overwhelm. Break these down into a list of actions. Add any other things going on in your life to your list too. We’ve also left space to make your own notes or jot down thoughts or any trackers of daily habits you’re building.
Daily self care planner:

The Importance of Journalling

Taking some time each morning to think ahead about your day helps you to be mindful about cultivating what is important. Journalling can help you become intentional about how you want to feel, the things you want to experience and the values you want to live out.

Today I want to feel: Think about what you have planned ahead and the emotions you want to feel to help you best deal with it.

I am: Write some affirmations like I am uniquely gifted and able to face the days’ challenges, or I am enough. Think about what phrases uplift and empower you.

My one thing is: Have one main theme you’re working on as your focus. As Garry Keller author of the One thing says ‘You need to be doing fewer things for more effect instead of doing more things with side effects’.

In the evening it can be helpful to reflect on the day and how it’s gone.

Today I achieved: What success did you have? It’s easy to focus on what didn’t happen but make it a habit to celebrate your daily wins and achievements.

I had this challenge: What did you struggle with? What could you differently? Can you think of ideas to help solve this challenge?

Tomorrow I want: Write down anything you want to experience the following day. Maybe a feeling or perhaps an activity, habit or self care act.

Brain Dump: Writing down anything that’s in your mind is a great way of getting it out of you head. A mind racing with thoughts will find it hard to settle off to sleep. Clear the mental clutter and get it written down.
Daily self care planner:

The Importance of Celebrating

A flourish log is a useful tool to celebrate you successes and focus on the positive things in your life. We can be hard on ourselves, tearing ourselves down for our lack or weaknesses.

We can start to tell a story of what we are not, what we don’t have, what we can’t achieve. This steeps through and clouds our vision. We now see the world with dark tinted glasses where each situation or challenge causes anxiety of feelings of overwhelm.

A fantastic way to combat that is to become more mindful of your feelings and mindset. Are you expecting the worse, thinking it will be hard or you’ll make a mess of it? If we go into challenges with that mindset we are going to struggle to loosen up, let go and speak freely sharing our insights and letting our brilliance shine.

By logging your success it can help you to see that you in fact are doing so much better than you believe and do have the skills and talents to negotiate life.

Even when you make a mistake or things don’t go your way learn to start to see it as a learning opportunity that brings you closer to where you want to be. Start to build your confidence and flourish in life.
Daily self care planner:

How to use the Flourish Log:

To use the flourish log write down a situation that has caused you anxiety or fear. Write down the thoughts and feeling you had before.

For example, you have a presentation to do. Your before may be ‘I’m feeling anxious about speaking in front of my peers, I’m worried I’ll make a mistake and they will think I’m not knowledgeable in my field’. After you have gone through the situation write down how it was in reality. ‘My peers gave me compliments on my presentation’ or ‘once I was up I soon lost the nerves and quickly felt comfortable’. Most often you find that the situation isn’t as bad as you thought it would be.

To take things further you can write out a plan of things that can help you prepare for the various possibilities that could happen. Use the note paper to make a chart. Write down the situation, in one column what you’re scared could happen, in one column, the best possibility that could happen, one column an action plan to be prepared for the worst and one last column to write down the reality.

Often the worst outcome is usually something along the lines of looking silly in front of others. The reality is that rarely happens. Even if it does, it really doesn’t matter! Over time as you start to plot your challenges and successes and the positive outcomes you see that you’re just making molehills into mountains in your mind.
Daily self care planner:

My affirming statement:

So many of us struggle with those voices that shout in our ear. They say ‘you’re not good enough, you’re too fat, you’re too thin, not the right race, don’t have the right education’.

The problem is we can start to belive those voices are true. When we believe they are true we start to act in line with those thoughts or we seek perfectionism. We start to bend ourselves to fit into a mould of what we think we should be.

We loose our shine by not being ourselves. It’s easy to think we need to be like someone else who we deem is the ideal. We can never compete and will pale in comparison. It’s time to accept yourself and walk out in that confidence.

Affirming statements are fantastic ways to encourage and lift yourself up. To remind your self of the truth. Think about all the skills, talents or gifts you have. What are your strengths? What comes naturally to you? What are the emotions or values you want to cultivate?

Here are some examples:

I am uniquely gifted. I can make choices to change my life. I can use my talents to make a difference for other. I am a generous person. I am loyal and a good friend. I can control my emotions. I can make good decisions for myself and family that are in-line with my values and priorities.
We hope you enjoy using this planner and it helps you live your best life yet! A life you love, that lets you live out your highest calling.

Thank You

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