



Create Meaning Through Self-Care

The self-care acronym below is intended to be a blueprint for you to explore the self-care practices that are the most meaningful to you.

SLOW DOWN

Slowing down to think where you can make 1% marginal gains will increase your energy.

Ex: Making your bed in the morning is a great way to start the day and is a 1% gain!

EXPLORE MORE

Exploring what gives you energy will make you feel good.

Ex: Take 10 minutes and make a list of things you've wanted to do but haven't carved out the time to do – then implement one a month!

LEARN SOMETHING NEW

All leaders are learners!

Ex: Choose a podcast and pop in your headphones the next time you're cleaning the house or choose a book to read with your partner or a friend!

FEEL (Yes, it is okay to feel deeply)

Check in with yourself in the morning, throughout the day, and before you go to bed. Simply ask yourself, how do I feel?

Ex: The Deeply Rooted Journal is a great resource to keep track of how you are feeling!

CULTIVATE YOUR CURIOSITY

What are you curious about?

Ex: Being curious about other people and building relationships can be a beautiful and beneficial



form of self-care. Commit to getting to know one of your co-workers better or reach out to someone who inspires you on social media!

AFFIRM YOUR OWN AUTHENTICITY

When you choose to take care of yourself, first, from your most authentic place you will choose behaviors, activities and/or rituals that you can sustain.

Ex: Think about what makes YOU feel your best, and act from that place of authenticity.

REALIZE REALISTIC EXPECTATIONS

There's no need to overcommit! Remember 1% at a time is all it takes to start feeling an immediate difference.

Ex: Maybe you need to drink more water! Set out a glass on the counter the night before and as soon as you see it in the morning, fill it up and drink it. You'll start the day out with one more glass than you were drinking, right away.

EXPERIENCE WHAT IS MEANINGFUL TO YOU

Life is meant to be enjoyed, caring for yourself is meant to be enjoyed.

Ex: Call a friend once a week and have a catch up, pour into one another, it will increase your energy and keep your cup full.



Now It's Your Turn!

Use the space below to write down your own self-care behaviors with the above as your guide.

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