

What ABOUT ME?!

The busy woman's checklist, from:

Nina Manolson



a checklist - so that you never leave yourself behind

Food

I'm going to eat...

Do I have a....

- healthy-snack packed?
- a full water bottle?
- smoothie to-go?

my breakfast plan is....

my lunch plan is....

my dinner plan is...

my grocery shopping plan is...

Lifestyle

Today I'm taking care of *me* by...

Today I give myself the gift of...

- 5 minutes to meditate.
- a soak in the tub
- dancing wildly
- an early bedtime of _____ o'clock
- sitting down while I eat.
- being outside
- saying "no"
- saying "yes" to myself
- _____
- _____

Mindset

The underlying beliefs, emotions, needs & thoughts that help me take care of myself are...

I feel...

- Tired
- Energetic
- Anxious
- Happy
- Overwhelmed
- _____

I need...

- sleep
- a chat with a friend
- chill time
- self-compassion
- _____

I believe that...

- a healthier me is possible!
- I'm worth giving to myself!
- _____

When you are truly nourished... everyone in your life benefits!