

SOUL EMBODIMENT

Wellness Coaching

30 DAYS OF NOURISHING YOUR MIND, BODY & SOUL SELF-CARE CHECKLIST

Witness your transformation in real time -day after day

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|--|--|
| <input type="checkbox"/> Internal audit – is what you have been consuming recently supportive or destructive | <input type="checkbox"/> Say no to something you have planned but do not want to do |
| <input type="checkbox"/> Try something you have always wanted to do | <input type="checkbox"/> Sit in silence for 10 minutes |
| <input type="checkbox"/> Gratitude Practice –express 3 things about yourself you are grateful for everyday | <input type="checkbox"/> Power down challenge – turn off all screens 2 hours before bed every night for 1 week |
| <input type="checkbox"/> Try a new food | <input type="checkbox"/> Declutter your environment |
| <input type="checkbox"/> Make your bed every morning | <input type="checkbox"/> Buy yourself flowers/house plant |
| <input type="checkbox"/> Social media detox – reduce the amount of time you engage on social media | <input type="checkbox"/> Acknowledge 5 people who have done something well |
| <input type="checkbox"/> Indulge in a mindfulness practice | <input type="checkbox"/> Read a book |
| <input type="checkbox"/> Make a playlist of relaxing music | <input type="checkbox"/> Get a massage |
| <input type="checkbox"/> Take a nap | <input type="checkbox"/> Plan a game night |
| <input type="checkbox"/> Create art – draw or color in a coloring book | <input type="checkbox"/> Sign up for a leisure activity |
| <input type="checkbox"/> Move your body – dance, yoga, walk or bike-ride | <input type="checkbox"/> Meditate |
| <input type="checkbox"/> Journal | <input type="checkbox"/> Drink more water |
| <input type="checkbox"/> Meal plan | <input type="checkbox"/> Acknowledge 5 people who have done something well |
| <input type="checkbox"/> Practice a breathing technique | <input type="checkbox"/> Celebrate yourself |
| <input type="checkbox"/> Facetime a friend or family member | <input type="checkbox"/> Take yourself on a date |

