



8 SIMPLE PRINCIPLES

CREATING A SELF- CARE LIFE

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8 SIMPLE PRINCIPLES TO CREATE THE LIFE OF YOUR DREAMS

Creating
a Self-
Care Life

1. Nutrition- focus on eating more fruit, veggies and whole grains.
2. Exercise - Add some daily movement to keep your body active and your brain engaged.
3. Water - Drink enough water each day to keep your body working well.
4. Sunshine and Fresh Air every day.
5. Time - Be possessive about your calendar.
6. Rest - Sleep is good for you!
7. Simplify - Declutter and reduce your stuff.
8. Spiritual Renewal & Trust in God

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Nutrition

How can I add more fruit, veggies and whole grains? What are our favorite ones?

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Exercise

What types of things do I enjoy doing to get moving? When can I fit these into my schedule?

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Water

How can I make sure I drink enough water each day to keep my body working well?

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Sunshine and Fresh Air every day.

How can I ensure that I get outside every day?
Can I do this with my family? What types of
activities could we do together outside?

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Time - Be possessive about your calendar.

What are all of my weekly commitments? Is there something that I could say no to that would help my calendar? Is there something I should say no to for our family?

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Rest

What time do I go to bed every night? What time do I get up in the morning? Is this enough? If not, what do I need to do to be able to get

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Simplify

What areas of my home do I need to declutter?
Once I've decluttered, where will I take the
items I no longer want or need? What time of
day can I schedule 15 minutes to declutter?

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Spiritual Renewal & Trust in God

How is my relationship with God? When is the best time in my day to spend time with God?

When is the last time I went to church? Does my schedule reflect my desire to make God a priority?

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Thank you!

Thank you for downloading this file. My prayer for you is that through this journey of self-reflection and planning, that you will experience a sense of peace and a reduction in your stress as you savor each moment of life!

Love,

Karen