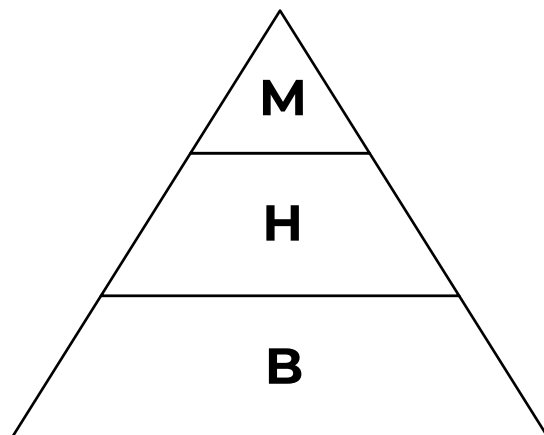


“Your genuine joy, warmth and aliveness is the most important gift you can give to yourself, family and village.” MTK

A weekly Self-Care Calendar

Self-Care is simply what works in your life to keep you vital, well and thriving. Below, simply identify 3 activities for your mind, body & heart:



Mind: When we feed the mind with nourishing ideas and topics that interest us, the mind’s focus, attention and stamina come alive. For example, if your ultimate concern is injustice, then lean in with more books, education and mentors on this issue.

Mind (M)

Heart: If our lives are not aimed at what feels deeply nourishing, then our ability to live a meaningful life eludes us. We can’t be surprised if despair, distraction and depression creep into our lives. Regular practice of meditation, art and music making, dancing, singing and playing are ways to nourish our hearts. What does a meaningful life of vitality, intimacy and prosperity really look and feel like to you? You may want to build a vision board, set some goals and lean into your relationships with even more fierce gentleness. Then simply add these activities to your calendar.

Heart (H)

Body: Given the right quantities of nutritious food, sleep, water, exercise, recovery and play, the body delivers huge amounts of energy. For example you might add cardio/weights 2-3 times a week, yoga 1-2 times, an anti-inflammatory diet, 7.5 hours sleep/night etc, after consulting your doctor. Reducing excessive stress will also be transformative.

Body (B)

Example:

Monday	Tuesday	Totals
B	M	1x B 1x M
M	M, H	2x M 1x H
H	B	1x B 1x H
1x M 1x B 1x H	2x M 1x H 1x B	Totals

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
							Total