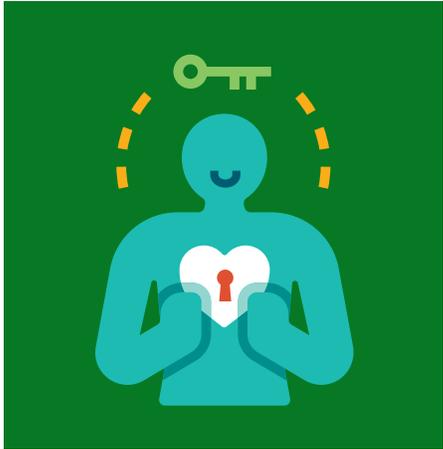
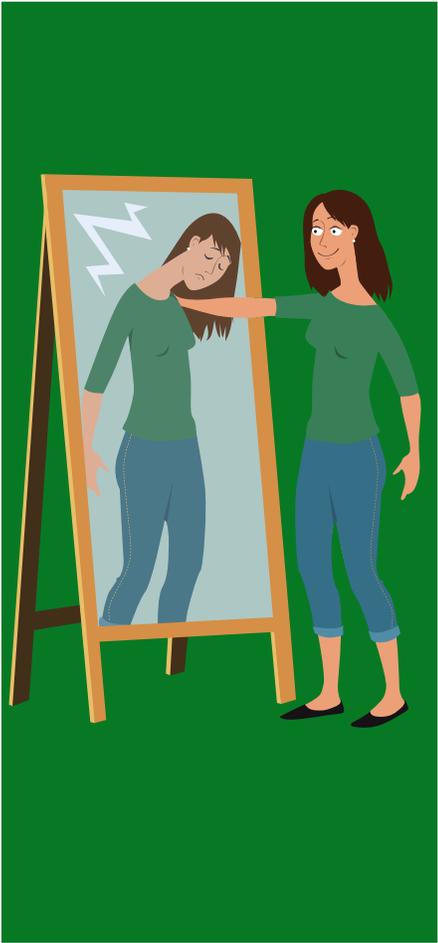




DR. RACHEL'S

**SELF-CARE
RITUAL
EXERCISE**



**THE CARE AND
LOVE TOWARDS
SELF**



WHAT IS A SELF-CARE RITUAL?

Self-care is the care we give to ourselves. Self-care brings more balance & wellbeing to our mind, body, heart & spirits. Over the years I have been asked, 'Isn't spending time, energy and money on yourself selfish? I don't want to focus on self-care because I feel guilty'.

Guess what, not only is it not selfish but it is actually generous to practice self-care. Not only is it generous to you but it is also generous to all the people and things in your life that you need to show up for. Why? Because we can not give away what we do not have!

Self-care, when practiced regularly increases energy and productivity in addition to the other personal benefits I mentioned.

So then what exactly is a self-care ritual? The definition of ritual is; a ceremony consisting of a series of actions performed according to a prescribed order. In addition, rituals have been performed through out history around the world as part of spiritual practices. Rituals are viewed as sacred! I invite you to look at your own self-care as sacred! There for we will call the practices of self-care a self-care ritual.

During this exercise you will identify the following elements:

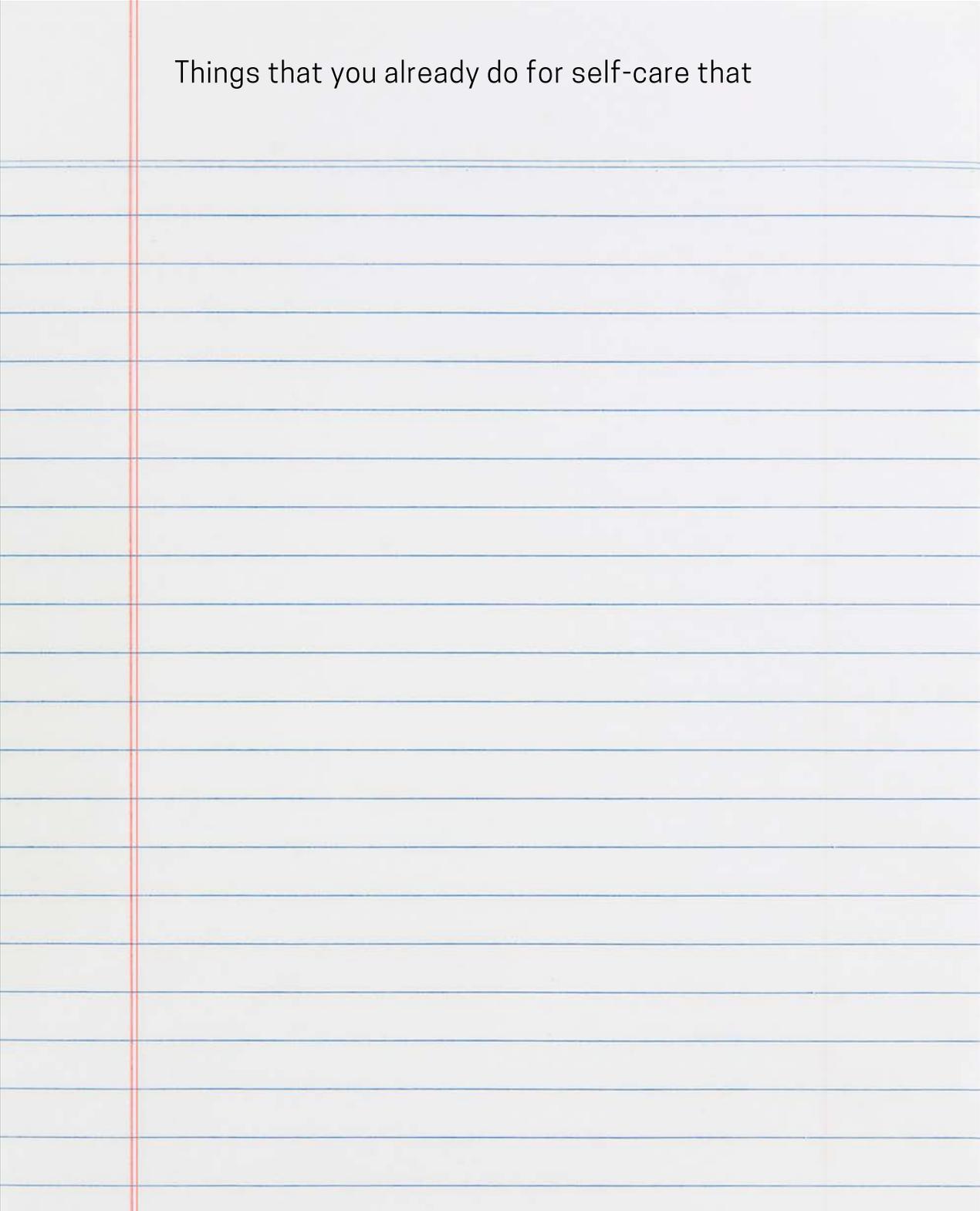
- Things that you already do for self-care that
- Additional things that you can do as self-care for each area; mind, body, heart & spirit
- Things that simply renew your energy & make you feel GOOD

Then you will create a self-care ritual for yourself... this will be the HOW and WHEN you practice the self-care elements. Use the pages below to do this exercise.

IDENTIFYING YOUR SELF-CARE ELEMENTS

Give some these some thought and then write out your list for each:

Things that you already do for self-care that



IDENTIFYING YOUR SELF-CARE ELEMENTS

Give some these some thought and then write out your list for each:

Additional things that you can do as self-care for each area; mind, body, heart & spirit

A sheet of white lined paper with a red margin line on the left side. The paper is placed on a green background. The text 'Additional things that you can do as self-care for each area; mind, body, heart & spirit' is written at the top of the page. The rest of the page is blank, with horizontal blue lines for writing.

IDENTIFYING YOUR SELF-CARE ELEMENTS

Give some these some thought and then write out your list for each:

Things that simply renew your energy & make you feel GOOD

A sheet of white lined paper with a red margin line on the left side. The paper is placed on a green background. The text "Things that simply renew your energy & make you feel GOOD" is written at the top of the page. The rest of the page is blank, with horizontal blue lines for writing.

CREATING YOUR SELF-CARE RITUAL

Create a self-care ritual for yourself... this will be the HOW and WHEN you practice the self-care elements. Write out your weekly self-care!

Sun.	
Mon.	
Tues.	
Wed.	
Thur.	
Fri.	
Sat.	