## Self-Care/Love Playsheet Who Am I: \_\_\_\_\_\_\_\_\_\_ Where Am I: \_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| **PHYSICAL 💪** | **EMOTIONAL 💗** | **MENTAL💡** | **SPIRITUAL 🙇** |
| Take a walk | Take a deep, abdominal breath every time you pass through a door or hear a notification | Say an affirmation | Connect with Nature |
| Ride a bike | Share feelings about an experience with a friend | Read a book or magazine article | Concentrate on the flame of a candle |
| Soak in a hot bath, perhaps with candles and/or music | Listen to music you like | Express your thoughts & feelings in a journal | meditate |
| Exercise at the gym | Sing or makes sounds | Make a to do list | Pray |
| Stretch and move to music | Hug someone, ask for a hug (perhaps 1-10 times per day) | Write a poem | Talk to your guardian angel |
| Practice yoga postures | Play with and love your pet. | Write a letter | Listen to a guided meditation tape |
| Take a course in Tai Chi, water aerobics, or yoga | Talk to someone by pretending they are facing you in an empty chair | Listen to free podcasts | Write about your spiritual purpose |
| Sit in the sun for 15 minutes | Telephone a long distance friend or relative | Email a friend | Visualize yourself in a peaceful place |
| Change one thing to improve your diet | Keep an emotional journal by noticing and recording your feeling 3-6 times per day. | List things you will do to improve your life | Do something of service for another or for your community |
| Park far away, stand at your computer, walk when on the phone, and more. | Write a letter to someone who has hurt you, but do not send it | Let go of negative beliefs that limit your life | Join a church group |
| Go swimming | Feel your fear and take a positive risk for change | Journal write daily about your reactions, thoughts and feelings for a month | Learn about a religion different from your own |
| Stroll in a garden or park | Smile at a stranger and send them thoughts of peace, acceptance, joy | List your traits, needs and wants | Study with a spiritual teacher |
| Take a nap | Affirm your self daily | Make a list of short term and long term goals | Study ancient, esoteric wisdom teachings |
| Get a massage | Watch children play; talk to your inner child in a loving, joyful way | Preview your day upon awakening, Review upon retiring | Practice unconditional love and forgiveness with self and others |
| Eat totally healthy for one day | Acknowledge yourself for accomplishments you are proud of | Work on your family tree  Support a cause you care about by writing to an MP | Practice a daily quiet time, routine to connect spiritually |
| Plank in public | Join a club or meetup | Play a social game on your phone. | Watch birds and animals interact in nature |
| Stretch instead of standing | Volunteer at something that fills you | Practice formal mindfulness (sitting meditation, yoga, etc.) | Do any common/regular task you normally do unconsciously with absolute devotion and attention and love |
| See a professional: doctor, naturopath, nutritionist, oesteopath, etc. | Listen to one person per day with absoluteness: eyes, ears and heart without speaking until they are completely heard | Practice informal mindfulness (brining kind awareness to every present moment you remember to do it in) | Create a little altar or shrine to anything you love |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |