



YOUR 7 DAY SELF-CARE GUIDE

Give yourself 7 days and improve your life

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Introduction

We live in a society that loves achievement, qualifications, status and success. Many people work themselves extremely hard to get there – ignoring what their bodies and minds are telling them. But what's the point of success, a great career – if you're always stressed, overwhelmed, don't see much of your family and friends (or are grumpy/tired when you do see them)?

Sadly, life balance and self-care are often seen as “soft” requirements – something high achievers don't (or shouldn't) need - or are focused on how we present ourselves to the world, rather than how we connect with ourselves internally. We get the message that we should just be able to soldier on through illness and stress. We are told that if we take a holiday, go on a city break, have a bubble bath or sleep-in on Sundays – all will be well again. After all, a successful person should have this under control and too much self-care is a sign of weakness or perhaps selfish or indulgent.

But we are all different and have different needs and without self-care and life balance our existence can be pretty miserable and lack joy and substance.

So what are your needs and are they being met. This 7 day journey will help you find out.



Day 1

**Let's assess
where you are now**

Where are you now?

Day 1 is about finding out where you are now, because you need to start from somewhere and the more realistic about how things really are now, the more easily you will be able to move forward effectively.

This quiz is intended to get you thinking about some very practical self-care measures – physical appearance, health, physical environment, time management, energy levels, and emotional needs.

Instructions:

1. Read the instructions at the top of the page
2. Complete the Quiz and tot up your score
3. Reflect on the results – there is a box at the bottom of the page for your thoughts, but I'd also like you to go deeper so I've added a second page with further points to reflect on.

Your Self Care Quiz

INSTRUCTIONS

- How good are you to yourself? Let's find out! Know that there are no right or wrong answers, just answer however seems appropriate for you right now and see what you learn about yourself.
- Scoring: Score 2 points for each Yes, 1 point for each Sometimes and 0 points for No's.

	Yes	Sometimes	No
1. I am up-to-date with my optician, dentist and other health check-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am happy with my physical fitness and energy levels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I eat well nutritionally most of the time and do not abuse my body with caffeine, alcohol or similar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have plenty of sleep so I always feel well rested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I take regular breaks from my work during the day, at weekends and use my holidays for enjoyment & relaxation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I like how my hair is at the moment, I am happy with my wardrobe and my 'style'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I meditate, journal, quietly relax or have alone-time with myself regularly (where I am not doing anything eg. chores or doing things for others)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I prioritize how I spend my time and important things always get done in plenty of time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I say "No" to myself and others when I need to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. My home is cleaned regularly to a standard I am happy with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. My home is organized and tidy and somewhere I love to be	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. My home is a calm haven (or has a place within it) that takes me away from the stresses of the world	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I recognize my stress signals and know when to take a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I have enough people in my life who love and support me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Apart from exceptional situations, I only spend time with people who support, energize and inspire me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I listen to and trust my intuition when it comes to looking after me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I have a mentor/s that support and encourage me in life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I have no regrets and have forgiven myself my past mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I have let go of any past resentments towards others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I have reserves of things that are important to me or help my life run smoothly (anything from contact lens solution to pens, paper, vitamins or bathroom tissue!)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I have things to look forward to in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL NUMBER of Yes's, Sometimes, and No's.

The maximum possible total is 42. **Write your total score here** _____

What did you learn about yourself?

Further Points to Ponder

1. How do you feel about the results of your score?

2. Did anything stand out for you?

3. Have you learned anything about how you take care of yourself

4. What actions/next steps might you want to take?



DAY 2

Getting more specific about your self-care

Getting more specific about your self-care

The self-care quiz on Day 1 allowed you to assess what you do well and what could do with more attention.

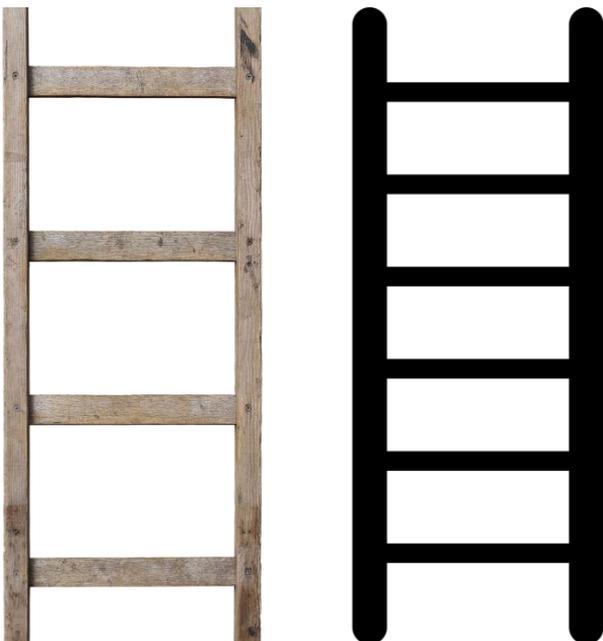
Day 2 is about getting more specific and identifying what specifically you could do to improve your levels of self-care in various areas – some of which might not be immediately apparent.

It may feel like more of the same, but really it's about going deeper, getting more specific and looking at what action you might take to improve your self-care.

It also gives you an opportunity to identify ONE ACTION that you will take THIS WEEK to take more care of yourself.

When it comes to taking action, self-care is one area where you may need to develop a habit stacking strategy. If you need to do something on a regular basis, for example: go for a 20 minute walk at lunchtime; have a spa evening once a week; do your accounts weekly rather than monthly, it is good to break it down. Pick one thing that you need to do regularly and get into the habit of doing it until it is really well established before you move onto the next habit.

I'd also like to suggest that you start with small steps. It takes energy to make changes and if you try to change too much too quickly you won't have the energy to sustain it. Take the long view - small steps will get you there just the same, but you will make it easier on yourself. Look at the ladders below – which would you prefer to climb? The more rungs, the easier it is.



Self-Care Check-In & Needs Review



Where do I need to take care of myself more?

- Simply look at the list below and FIRST score each item out of 10. Then answer "What do I need?"
- Finally answer the quick questions underneath - including ONE action for yourself! NB. It's important that the score is your FIRST response ie. your initial or gut reaction and how you are actually feeling NOT "shoulds".
- Let's take a more specific look at what form/s of self-care you might be needing:

Where do I need to take care of MYSELF more?

How satisfied are you currently in this area?

Score out of 10
(1 is low, 10 is high)

What do I need? What would raise my score?

1. My Energy Levels	___ / 10	_____
2. How Inspired I'm Feeling	___ / 10	_____
3. Fun and Play	___ / 10	_____
4. Self-Honesty	___ / 10	_____
5. Peace and Quiet	___ / 10	_____
6. Feeling Heard or Seen	___ / 10	_____
7. Feeling Accepted and Understood	___ / 10	_____
8. My Friendships	___ / 10	_____
9. My Physical Appearance	___ / 10	_____
10. Feeling Loved and Appreciated	___ / 10	_____
11. My Environment (eg. home, workspace)	___ / 10	_____
12. Physical Health	___ / 10	_____
13. My Feelings and Emotional Health	___ / 10	_____
14. Organization and Simplicity	___ / 10	_____
15. Being Challenged and Stretched	___ / 10	_____
16. Learning and Personal Growth	___ / 10	_____
17. Money/Finances	___ / 10	_____
18. Connection to Myself	___ / 10	_____
19. Relaxation and Pampering	___ / 10	_____
20. Something else: _____	___ / 10	_____

- What surprised you most about your responses? _____
 - What patterns and themes do you notice? _____
 - What else do you notice about your responses, that you perhaps haven't mentioned yet? _____
-
- Finally, write ONE action you will take THIS week to take more care of yourself: _____

PS. Feel free to write more actions out OR find a post-it and write out your actions to remind you!



DAY 3

Energy Zappers

Energy Zappers

How can we love our life if we feel exhausted? We give out energy all day, every day: in our thoughts; our actions; our emotional responses; our communication; and of course, our actions. And if we give our energy well, it comes back to us in positive emotions: satisfaction, excitement, joy, love, etc; or greater fitness from sport or exercise; or greater clarity from letting go of thoughts etc that don't serve us.

Sometimes that energy is given away consciously and with intent and other times it is stolen from us. Energy zappers and energy thieves and they can be: our thoughts (I can't); our environment (going into a wardrobe daily that's in desperate need of decluttering); our actions (we keep going when we really need to rest); our negative emotions (holding onto anger, sadness, guilt, fear, hurt); other people (we all know that person that leaves us feeling exhausted after they've offloaded all their misery); pain (we often put up with aches and pains until we are forced to deal with them); communications (with people who cause us to feel impatient, angry, challenged).

My No 1 tip for improving energy is to create clarity. Clutter, whether it is physical, mental or emotional is a real energy drain. And to create clarity, I'd strongly suggest you write everything down that you need and/or want to do. The reason for doing this is that, your brain gives everything the same emphasis, so the shopping list that you're remembering has the same space in your brain as remembering to send away that job application. Get as much out of your head as possible and get it onto paper and you will find you can think with more clarity.

Follow the instructions at the top of the next page and complete the exercise.

Energy Zappers Exercise

INSTRUCTIONS:

- **Write in the lightning bolts below** what you are putting up with at home and at work (or your main occupation) to determine what might be limiting you right now. If you think of more than 10 items, just add them on the page.
- **Examples** of energy-zappers could be; situations, 'shoulds', your own or other people's behaviour, clutter, unmet needs, crossed boundaries, half-finished items, dead plants, overdue library books, an outdated wardrobe, unresolved issues or guilt, eating habits, being undecided about something, a relationship, lack of or poor quality sleep, aches and pains, long-standing arguments/grudges, things that you tolerate unnecessarily (that broken blind that won't go up or down)...

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

If there was ONE THING that TOTALLY ZAPPED your energy it would be:

10. _____

Finally, pick ONE action to take right away (now or in the next day or so):

Now that you've brought your energy zappers into your awareness, you'll naturally begin fixing and resolving them. Start here:

Action _____ **By When** _____

Remember that as we begin to clear the things that drain us (whatever they may be) we free up energy to do what we really want!



DAY 4

Refine your relationships

Refine Your Relationships

WHO we spend our time with has a significant impact on our lives – some relationships uplift and inspire us and others are downright draining. Today is about bringing awareness to, and being intentional with, whom we spend our time. It's a great exercise to bring clarity into how those around us impact on our lives.

We can't change the behaviour of other people, only our own, so this exercise helps you reflect on how you can behave differently and how you can invest your time and attention differently to boost and refine your relationships

Originally this exercise was called Detox Your Relationships, but that presupposes they are toxic in the first place. If that's the case, you need more help than this ebook can provide – please get professional help (or change your job)! Assuming that your relationships are OK you have an opportunity to refine them.

The following exercise allows you to consciously review your relationships and as a consequence it gives you choices:

1. Spend more time with people who leave you feeling good and avoid people who leave you feeling bad
2. Put some time and energy into relationships that could be better - any healthy relationship can go through a bad patch and it's not necessarily the right thing to discard someone simply because times get tough.
3. Review your relationships – are you holding onto wounds or grievances (energy zappers) and could these be brought into the open and resolved or could you just let them go (Day 6)? Have you outgrown any relationships – we often hold onto old relationships even after our lives and interests have gone in different directions. That's not necessarily bad, but it's good to be clear about WHY, and if you find it's about propping up someone else you have to decide if you still want to do that or if it's an energy zapper.
4. If there are still some relationships that are less than perfect – people we want or need to connect with – can you change HOW you spend time with them so you still feel good about it.

Finally, consider your most important relationship – in what ways might you be able to refine and improve that.

Refine Your Relationships!



Over the course of our lives we spend most of our time with just 5 people!

Success experts say that **WHO we spend our time with is a key influence on our happiness - and whether we succeed or fail.** And experience shows that happy, successful people spend most of their time with other people who are happy and successful...

So, what better time than now to **identify those people who inspire** and lead you onto better things, and to **notice those people who pull you down?** This exercise will bring this information to the forefront where you'll naturally start making different choices about who you spend your time with.

INSTRUCTIONS

1. Make a list below of the 20 people you spend **most** of your time with – partners, colleagues, friends, family and others. Against each one put a:
 - + if you **feel good** about yourself after spending time with them. You enjoy your time with them, and they are happy and successful in their own way. These are often people you *look forward* to spending time with.
 - if you find after spending time with them that you *somehow feel 'less'*. Perhaps you feel smaller, less happy or have less energy. These may be people where you may worry or stress unnecessarily before or after seeing them. You probably already have a gut feeling who these people are.
2. Next add a (gut-feeling) score from -5 to +5 against each person to identify HOW much of an effect they have on you.
3. Finally, for the people who have the highest and lowest scores, use the last column to pick an action.

Name	+/- Score	Action
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.
16.
17.
18.
19.
20.



DAY 5

Saying NO

The Power of NO

The power of no is about boundaries and reclaiming your power. If you're continually stressed and overwhelmed your goals and priorities will suffer – until you learn to say “No”!

The following pages will allow you to discover where you might be better at saying “No” than others and to whom. It will challenge the beliefs that might be keeping you trapped in “Yes” and clarify why saying “No” is important.

This is a substantial and significant series of exercises, so please, if you need to, give yourself permission to take more than one day to go through them.

The ability to say “No”, “Not now” or “What would you like me to stop doing to make space for this” can be really powerful in setting boundaries, helping you become more assertive and reclaiming your power. It's such a little word, but it can be very difficult to say, however the effects when you do manage to say it are powerful in helping you reclaim your energy, recalibrate relationships and let go of all that “stuff” that no longer serves you.



The Power of "No" *Create some blue sky in your life!*

- Most children go through a phase where their favourite word is "No". That's because **no is a power word**. It gives us a **definite sense of self**. This means saying "No" is an ideal opportunity to **rediscover your priorities and sense of who you are**.
- **Until we learn to say "No" we continue to be overwhelmed with too much to do and not enough time**. Have you noticed that it's usually important things impacted by not saying "No", like quality time with self or family, our health and our stress levels?
- Whether you learn to say "No" more often, or just learn to say "Yes" on your terms, it's time to release yourself from the burden of pleasing others. Give yourself **time and freedom** to be, and do, what matters to you. Let's get started!

When is it OK to say "No"?

You **ABSOLUTELY MUST** Say "No":

- When you're stressed or overwhelmed
- When you're already doing too much
- When you're tired or sick

And **REMEMBER**

You always **HAVE A RIGHT** to Say "No":

- When it's someone else's issue
- When you feel taken for granted
- When it's something you don't want to do
- When there's something you'd **MUCH** rather do
- When it takes away from your values and wishes
- When you deserve or need some time to yourself

1. What in your life do YOU need to say "No" to? Just write down whatever pops into your head below.

2. What currently stops me from saying "No" to these things? _____

3. My Beliefs about saying "No"

Simply answer the questions below with **WHATEVER** springs to mind. Don't worry if you make contradictory statements (this may even be part of the problem!), just capture anything and everything that comes up for you.

People who say "Yes" are:	People who <i>DON'T</i> say "Yes" are:
People who say "No" are:	People who <i>DON'T</i> say "No" are:

What I've noticed about myself from this exercise is _____

*"There are only two words that will always lead you to success. Those words are yes and no. Undoubtedly, you've mastered saying yes. So start practicing saying no. Your goals depend on it!" **Jack Canfield***



4. Understanding The "Yes" Trap

- WHY do you say "Yes" when you'd rather be saying No?
- How do you BENEFIT by saying "Yes"?
- Understanding this is essential to saying "No" - and valuing your own goals, needs and time.

*"There is no pleasure in having nothing to do. The fun is in having lots to do and not doing it." **Mary Little***

- When I say "Yes" I feel _____
- When I say "Yes" I want other people to think I am _____
Examples: Maybe you want people to like you, think you're reliable, hard-working, helpful or to make yourself indispensable?
- By saying "Yes", what am I saying "No" to in my own life? _____
Whenever we say "Yes" to something, we're saying "No" to something else - even if that something is simply relaxing!
- When I say "No" I feel _____
- When I say "No" I worry other people will think I am _____
- If I said "No", I could say "Yes" to these things in my life _____
What could you make room for that is truly important to you?
- Lastly, when I say "Yes", but I really want to say "No" I feel _____
- My biggest fears about saying "No" are _____



5. The other "Know" - Know YOUR Priorities!

- How can we say "No" assertively when we don't know WHY we're saying "No"?
- In order to say "No" effectively you need to be in touch with what's important to YOU - to know YOUR priorities in life.
- Then it's much easier to say "No" because we're clear on what we want and need instead.

- What is MOST important to ME in life? _____
- How would I like to spend MORE time? _____
- Where would I like to spend LESS time? _____
- What is my top priority this YEAR? _____
- What is my top priority this MONTH? _____
- What is my top priority this WEEK? _____
- If I had a MAGIC WAND I would _____
- My Top 3 Priorities in life right now are:
 1. _____
 2. _____
 3. _____

How am I meeting my Top 3 Priorities in life right now?

SOME SAYING NO THOUGHTS:

- **Managing the Guilt:** As you learn to say "No" more, you'll probably feel more guilt! Assuming it's not genuine guilt that requires remedial action from you - CONGRATULATIONS! This guilt is a sign that you're making important, positive changes in your life.
- **Evaluate EACH situation:** As most things in life, there is no one size fits all answer. Everything depends on the relative importance of the situation, people affected, what's going on in your life at the time, the person asking, your history with them etc.
- **Changing gradually is just fine:** If, in the past you have been a "Yes" person, you may want to *gradually* become a person who says "No". Take your time and practice on small things, working up to larger "No"s.
- **Soften the blow:** If you do decide to go 'all out' with your "No"s remember that others may find this a bit of a shock. It may help (although it's by no means necessary!) to find your own way to soften it for them.
- **Practicing:** Try imagining you're someone who is already comfortable saying "No", and mentally rehearse difficult situations. You can also role-play with someone you trust.
- **Feeling good:** When "No" is the right answer for you, say it pleasantly, assertively and with conviction. If it leaves you feeling strong and good in yourself (*even if* there is some guilt) then you've made the right choice for you!



6. Preparing to Say "No"

In what SPECIFIC areas or situations in my life do I need to be saying "No" more?

1. _____ 2. _____ 3. _____

My NEW BELIEFS about Saying "No" are:

1. _____ 2. _____ 3. _____

The Saying "No" TECHNIQUES that I can see myself using are: (see Appendix for ideas)

1. _____ 2. _____ 3. _____



7. My "Saying No" Plan!

- If you want things to be different then you will need to do things differently - but you can't change everything at once.
- Using your answers to all the questions above - and anything else you already know about yourself - identify 3 actions to get you started. Be as specific as you can!

1st Action When _____ asks _____ then I will _____

2nd Action When _____ asks _____ then I will _____

3rd Action When _____ asks _____ then I will _____

Now copy these out on *post-it notes* and stick them in your car, wallet, locker, fridge door, desk drawer or *any place where you will see them often.*

"No is just a word - two small letters that set you free!" **Emma-Louise Elsey**

Appendix - Helpful Tips & Techniques for Saying "No"

Helpful Tips:

- **Tell the truth:** ALWAYS find a way to be truthful. There's nothing worse than being caught in a lie. But you can leave out information (like that you could reschedule an appointment so you are available) to protect your "No"...
- **Timing can be everything:** No does not mean "No forever". Sometimes you just need time or circumstances to be right. So don't allow yourself to be pressured into giving a response if you're not ready. Sometimes you just need time to figure out if it's really a "No", a "Not now" or a "Never".
- **Stay firm:** People who are used to relying on you saying yes will try to persuade you. Don't get drawn into discussion. Just repeat your No and have phrases ready. "I'm unavailable", "I can't right now" or "I have other commitments".

Helpful Techniques:

SIMPLE

1. A simple "No, but thanks for asking/thinking of me."

SOMETHING ELSE

2. A simple "I'm already doing _____ / have a dentist appointment"

BUY YOURSELF TIME – when unsure how you feel or need time to prepare a response

3. "I'm away from my desk right now, can I let you know once I have my diary in front of me?"
4. "I'm just in the middle of something/a tight deadline. Can I get back to you tomorrow/next week?"

DEFERRAL - good for other people's problems and issues

5. "I'm crazy busy this week/month. Can it wait until next week/month?"

TRANSFER - good for maintaining relationships and still being helpful

6. Suggest who else could do it, "I know John loves that kind of thing"
7. "I don't feel comfortable/have enough experience to help you with that but Sarah might be able to."

RETURNING THE NO - good for those who take advantage of your good nature!

8. "I can't do it right now - but I could show you how for yourself."

REQUESTING PRIORITY - good for dealing with your boss/when you're at work!

9. Ask for the priority. "Which one do you think I need to focus on first?"
OR "If I do this, what would you like me to stop working on?"

PRIORITISING YOURSELF - stay in control of your life and feel good about you!

10. "I'd love to help but I'm focusing on _____ (this report) right now"
OR "I don't have time for anything except _____ (this project/my family) at the moment."



DAY 6

Letting Go

Letting Go

If you notice in yourself patterns of behaviour that include bearing grudges, holding onto the past or resisting change, then this exercise may be particularly challenging (and useful).

We often hang onto things that cloud our minds and drain our energy and prevent us from moving forward. And often there's a good reason why we hold on to "stuff" - there can be a hidden benefit. The following exercise helps us tease out what we are holding on to and why we might not be letting go.

After you've done the letting go exercise, ask yourself the following questions:

1. Are there any surprises?
2. How do you feel as you review your list?
3. How would it feel to let go of ALL of these items/
4. Which items are you ready to set free?
5. Where are you ready to loosen your grip?
6. What are you NOT ready to let go of yet?
7. If there was a pattern or theme that stopped you from letting go, what would it be?

Finally, list below the next actions or steps that you will take following your learnings from this exercise

What Do You Need To Let Go Of?



Letting Go Exercise Two Buddhist monks return to their monastery after the rains. They reach a swollen river and in front of them is a beautiful woman in a delicate silk kimono, distressed because she is unable to cross the river by herself. The older monk scoops her up, carries her safely to the other side and the two monks continue on their way in silence. Later, as the monks reach their destination, the younger monk having fumed for the last 5 hours finally bursts out, "How could you do it? We're not allowed to touch a woman!" The older monk, surprised, replies, "I put her down 5 hours ago, but you are still carrying her with you."

- As with the younger monk in the story, the things we hold onto (eg. that we feel angry, hurt, guilty about) cloud our mind and prevent us from fully enjoying life. The irony is that whatever you're holding onto, it's probably bothering you much more than it does anyone else.
- Letting go usually involves some form of forgiveness or acceptance - whether it's of yourself, someone else, a situation or even an unknown third party.
- Letting go doesn't mean we condone a situation or behaviour, it's about lightening OUR load. When we let go of whatever is bothering us we set ourselves free - and get to reclaim that energy for ourselves.
- You don't need to know HOW to let go, you just need to be WILLING. And while you can't change the past, you can learn from it and change how you feel going forwards.
- Remember - whatever you find hardest to let go of is probably what you need to let go of the most...

INSTRUCTIONS: While you may not wish to do anything about these right now, just listing what you need to let go of here will raise your level of awareness and you'll naturally begin to loosen your grip. So, simply list below what you're holding onto, what slows you down, what riles you up and anything that gets in the way of you being the best you can be...

What do I need to let go of?

How I benefit by 'holding on' *

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Just for a second, imagine letting go of everything on this list. How does it feel?

What have I learned about myself from doing this exercise?

* If you're struggling with identifying a benefit (there must be *something* or you wouldn't be holding on to it) ask yourself, "What do I gain by keeping hold of this?" Perhaps by holding on to resentments, anger, hurt you don't need to accept your part in the situation, or perhaps it stops you from feeling how hurt you really were, maybe you get to stay in 'the right' or avoid dealing with someone.

TIP: If you need to let go of something YOU'VE done ask, "What do I need to do that will allow me to let this go?" Perhaps you need to make notes in your journal of what you've learned, perhaps you need to make some kind of amends, apologise or find a meaningful way to make it up to yourself or someone else. We can't change the past, but we can make amends and learn from it.



DAY 7

Wrapping Up

Wrapping Up

If you find after doing the exercises over the past 6 days that there is a lot more on your “To Do” list, don’t worry – it’s much better that you know than you continue to go through life unconscious of what might be holding you back, leaving you short of energy or taking the shine off your life.

If there’s little on your “To Do” list, give yourself a pat on the back and, just in case, check-in with yourself to see how honest you’ve really been.

Take an hour or so today, to go back through your response to the exercises and list below the things that you want to tackle immediately. I’d suggest you make it easy on yourself and start with the quick easy stuff – it will let you feel that you’re making progress and release time and energy to allow you to begin to deal with the bigger “stuff”. However, if there’s one big problem that will make everything else go away or reduce in size, tackle that first, but be kind with yourself.

Complete this week by identifying 10 things you want to tackle over the next 100 days: Some of them will obviously be one-off activities ie remortgage to get a cheaper mortgage. Others may offer a variety of approaches ie do you declutter one drawer cupboard at a time or take a block of time and get it all done – how you decide to do it will depend on your preference, the amount of time available etc. Then there may be bigger tasks (lose weight) where you can’t get it done all at once – work out what you’re going to do and over what time-scale and don’t be too ambitious: a little win is better than a big fail!

WHAT I WANT TO TACKLE

HOW/WHEN I’LL DO IT

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Conclusion

And Finally ...

Congratulations!

If you've worked your way through this 7 Day Self Care Guide, then you've worked really hard, well done. Reward yourself in some way for your commitment and effort.

I hope you've been able to formulate a plan of how you want to move forward. Don't make it too difficult for yourself – little steps get you there too.

In terms of how I can help you further, there are ? areas:

Reflexology and other therapies to help with relaxation, distressing and creating physical balance

Stamp Out Stress Method which is an online programme to help you manage your stress. Like this programme it takes you through a variety of exercises to help support the various stressors that might be impacting you.

NLP/EFT are two mind based approaches to help resolve unhelpful beliefs, habits or behaviours. NLP stands for Neuro-Linguistic Programming and uses the way your brain works to help you make significant changes. EFT stands for Emotional Freedom Technique which uses a tapping on energy points on the face and hands to release the intensity of emotional blocks.

If you're interested in learning more about any of these aspects, please get in touch by emailing <mailto:doriswylie@btinternet.com>

Please, if you've found this Guide useful or difficult to understand, or too much/too little I'd love to hear from you. I can only improve it if I get your feedback. Any exercises you found useful, difficult, irrelevant – please let me know. And I'd love to hear your feedback about your results at <mailto:doriswylie@btinternet.com>