

Self Care

The objective

To do self check where I am today, physically emotionally or mentally.

Pause

Close your eyes and listen to your favorite piece of music. It's an invitation to meet yourself and ask yourself how am I feeling right now?

Expanding

Now we're ready. Let's go! Choose 5 cards, face up or face down, and place them on the chart. Answer each question in relation to the photo and text on each card.

Focus and action

Write down your main insights. Also write down three actions that will help you feel more soother, relaxed or empowered. One action for today, for next week and for the upcoming month.

[2] How did I handle similar feelings in the past?

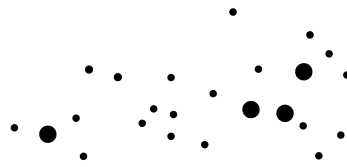
My card:

[1] How am I feeling right now?

My card:

[3] What served me in the past?

My card:



[4] What won't serve me right now?

My card:

[5] What can I do right now to feel relaxed or empowered?

My card:
