



SELF CARE ROUTINE

*Simple ways to become your best self
in our crazy busy world.*

SPRING TRAINING #1



HEY BEAUTIFUL!

Oh yes we are doing this! Self care is all the rage— and for a very good reason. If mama ain't happy— ain't no one gonna be happy. I think this concept goes deeper than just for moms— it's for dads, sisters, daughters, son and brothers too. No matter how much we try to mask our stress, sadness, hurt... it'll eventually show through.

For Spring Training #1, we're gonna tackle self care so that you can grow into the best version of yourself. You'll begin to rethink your schedule & your daily routines— and how they truly work for you. It'll require you to set boundaries and maybe even push yourself a bit outside your comfort zone. These growing pains are what transforms you into a better version of yourself. Lean into these changes!

We're gonna do an exercise to figure out the 3 most important things you can do for self care, right now. Knowing yourself deeper can help you better understand what you truly need to feel loved deep within your core.. Taking personality assessments can help you with that. A few of my favorites are StrengthsFinder, Enneagram & The 5 Love Languages.

I've learned for me, quality time is my top love language. Spending time in nature with those I care about fills my self care bucket to the max! I make sure to schedule time to go trail running with my best friend, camping with close friends and visiting National Parks with my family.

The point is, self care will look different for all of us.
Let's discover yours together!

xoxo
Jen Hansard

*PS: Once you complete the self care guide, head over to **this blog post** and leave a comment letting me know how you it went for you! (This'll enter you in the Rawk the Year giveaway too!)*



MY SELF CARE

Starting your own self care routine can dramatically change your emotional, physical and mental state for the better. Are you ready to become the best version of your self?!

#1 SLEEP

Sleep allows us to operate at our highest level of contribution so that we can achieve more, in less time. If we don't invest in enough sleep—our minds, bodies, and spirits—are damaged & we cannot be our best selves. **What can you do to increase the amount of sleep AND the quality of sleep you get?**

#2 BEAUTY

There's beauty all around us... yet we often fail to recognize it in ourselves. **What activity could do at least once a week to celebrate your inner & outer beauty?** It could be as simple as doing a weekly home facial, going clothes shopping with you girlfriends, or being in the photos (instead of always taking them).

#3 PASSION

Sometimes it's hard to feel passionate about anything. If that's where you are right now, think back to high school, college or even elementary and the things you used to love to do or dreamed of doing. **Pick one of these passions and decide how you can spend time doing it every week.** For example, if you liked styling your doll's hair as a kid, why not pick a new YouTube hair tutorial each week to try out on yourself?

YOUR NEW SCHEDULE

The faster and busier things get, the more we need to build out Self Care time into our schedule. Now that you know the top 3 self care activities, write them here.

Next, write them into your “new” weekly calendar below. Since they are important to you, they should go on your weekly calendar first. From there, add in other activities around your self care things. Feel free to transfer to a Google Calendar or app from there.

	SUN	MON	TUES	WED	THURS	FRI	SAT
<i>morning</i>							
<i>afternoon</i>							
<i>evening</i>							

SELF CARE IDEAS

I've compiled a list of ideas that you might like to add into your new weekly calendar.

PRACTICE SAYING NO

GO OUT TO COFFEE/ LUNCH WITH A FRIEND

CLEAN YOUR CLOSET

SPEND LESS TIME ON SOCIAL MEDIA

GET A FACIAL

START A 20-MIN DAILY PRAYER / MEDITATION ROUTINE

TALK TO YOURSELF POSTIVELY

MAKE MEALS THAT YOU LOVE

GO FOR A HIKE EACH WEEKEND

SLEEP IN

PLAN A WEEKEND GETAWAY

FORGIVE YOURSELF

READ A BOOK

*PSSST! Make sure to let us know what self care activities you're going to try by leaving comment on **this article**. It'll give your fellow Spring Training Crew ideas and motivation too!*

DAILY BLENDS

THE #1 GREEN SMOOTHIE APP

Did you know we have our own green smoothie app?! Daily Blends has rawked the smoothie app world! It's filled with over 150 of our green smoothie recipes from energizing friendly, beauty boosting, fitness, healing, and dessert.

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