

## Week 4: Self-Care and Self-Worth

Last week we focused on not only getting some purposeful self-care on to your calendar, but on how important it is to stick to your plans. This week we will build in tools to help you keep your appointments with yourself by pre-planning your excuses.

We will also explore one of the main underlying reasons most people have such a hard time creating a self-care habit that lasts.

During Week 4 your goal is to:

- Continue to cultivate a daily contemplative self-care practice using The Model
- Incorporate at least 5 Yin and Yang self-care tasks into your week (and tell us about them in the Group Q & A)
- Understand the third Element and Obstacle of Self-care

### Week 4 Homework: Self-Care Audit + Self-Worth

Before we move into this week's obstacle. I want you to take few moments to assess how you did adhering to your self-care routine as you planned it for yourself. Here is a sample of the homework with tips along the way. You will find the steps and blank worksheets at the end of this booklet.

- 1. Take out your worksheet from last week and the calendar you used to schedule your activities. Check off the appointments you kept and then circle or highlight any activities you didn't do.**

Example

Yin:

1. **Get a massage** - Thursday 6:45pm 1hr
2. Get house cleaned - Thursday 9am 2hrs
3. Cook healthy dinner for family 3x - Mon, Tues, **Thurs** (Plan meals Sunday night 8pm for 30 minutes, begin dinner prep at 4:30, eat at 5:30 each time)
4. Meditate 15 min 3x - 7:30 am Mon, Tues & **Thurs** at 9pm

5. Nap with baby 2x - Tues & Thurs (approx 11am or when baby settles) 1 hr

Yang:

1. Get coached - Tues 10am, 45 min
2. Go to the gym 2x - Tues & Thurs 1pm, 45 min
3. Go to a Flow class Friday 4:30, 1hr
4. Listen to a new podcast Friday 9am 1hr
5. Work on online photography class Wed 8pm 30min

**2. In a few words, give the reason why it didn't happen. Be honest with yourself and do not sugar coat it.**

Example:

Massage - didn't schedule it soon enough to get the spot

Dinner - kid feeling sick didn't plan for the extra time

Meditate - worked late, went to bed instead

Yoga class - husband worked late and couldn't leave in time

Online class - procrastinated then didn't feel like it

**3. Next sit with this for a few minutes and look at your excuses and reasons.** It may help to do a thought download on these and notice the themes that come up. Do you feel resentful of your schedule or the other people in your life? Do you feel put out or fatigued by the schedule you have given yourself?

You may think or feel things that seem petty, childish or would be ashamed to admit to anyone else. WRITE IT ALL DOWN and don't censor yourself. This is for you to look at and no one else. You might also like to pick a few thoughts that seem particularly unhelpful and do a few models on them. It will do wonders for you to clean up this thinking and useful for our theme of self-worth.

**4. Schedule up to 5 yin and 5 yang activities for the week ahead in the same way you did last week.** You could pick 5 new things or repeat your activities from last week. Just decide and commit to yourself by putting it on your schedule.

**5. Plan for your excuses.** Even if you managed to check off every self-care activity, last week (great job if you did), assume that things will come up for you in the week ahead and make a plan for yourself to deal with those reasons and excuses. Look back at some of the reasons you had last week and brainstorm as many as you can knowing your typical go-to reasons for not following through

Example:

#### My Common Reasons for Skipping Self-Care

1. Forget to schedule appointments (with bodyworkers, doctor etc.)

*Plan: add 30 min to my calendar to book appointments for the month, set reminder*

2. Something comes up with my children

*Plan: book self-care activities when I have childcare or family member can help out*

3. Too tired/ feels like too much effort

*Plan: ask for support from husband to help me get things done around the house so I have more sleep and energy*

4. Working later than expected and don't leave for class ontime

*Plan: meet friend for class and plan to go out for coffee after, have them call me 30 min before to make sure I have left*

### Other Ideas that Work

**Accountability:** Knowing that someone else is going to show up often will push you beyond your own objections as you don't want to let that other person down. When I start to routinely skip my workouts or it has been ages since I attended a class or workshop, the remedy for me is to invite a friend to meet me there and turn it into a social adventure.

**Consequences:** Another highly effective way to build your self-care habit and get past the litany of excuses you may come up with to avoid it is to have a consequence that will discourage you to miss your appointments with yourself. Perhaps you have to pay \$20 for every activity you miss next week to someone. Or you take on a task that someone else in your household normally does as “payment” for missing your self-care. Keep this playful and lighthearted if you try this route.

## Self-Care and Self-worth

As we start cultivate more conscious self-care routines we will naturally begin to dig deeper into the reasons why something so key to health and wellbeing as been on the sidelines for so long.

The truth is knowing your life’s intentions, setting up self-care appointments in your calendar and planning ahead of time to deal with your excuses before they block you is all just *triage for a greater issue*.

For most people, the make underlying obstacle to good self-care is your relationship to your self-worth.

As children we are taught important lessons about sharing and making space for our friends. We are deemed compassionate, polite humans if we can stand down and let someone else go first.

We are chastised for not offering our toys to another child or for being possessive of the core people in our lives. As children we can’t understand the complexity of what is being taught and many of us adopt the belief that putting ourselves second makes us “good” and tending to our own wishes and needs is “selfish” especially if it conflicts with the wishes or needs of another.

Not only have many of us learned the habit of taking a backseat to other people in our lives, but we are so concerned with being seen as anything other than “good” that we can’t accept help or space for ourselves when it is offered.

I offered this course to many people but most couldn’t imagine spending any amount of money let alone six weeks focused on themselves. I heard from so many people who said they were interested, knew it was important but simply didn’t feel worthy of devoting their own time and resources to their self-care. It is heartbreaking, but also common.

On top of the fact that we are not offered awards for sleeping for 8 hours or taking the time to make nutritious food, we judged by society on our output.

*No wonder so many find this work difficult.*

Most of us are not taught to value the inner work we do, but to focus on how we perform and what we contribute. By now you know that the irony in that is without taking self-care seriously, you can't contribute your best self to the world.

this week your work in addition to your self care it to watch for thoughts and feeling about your self-worth and start to find a new mindset if you don't like what you see.

## Homework Steps and Worksheets

1. Using your worksheet from last week and the calendar you used to schedule your activities, check off the appointments you kept and then circle or highlight any activities you didn't do.
2. In a few words, give the reason why it didn't happen. Be honest with yourself and do not sugar coat it.
3. Examine your excuses and reasons. It may help to do a thought download on these and notice the themes that come up. Do a few models if you have time.
4. Schedule up to 5 yin and 5 yang activities for the week ahead in the same way you did last week. You could pick 5 new things or repeat your activities from last week. Just decide and commit to yourself by putting it on your schedule (*worksheet 1*).
5. Plan ahead for your excuses. Look back at some of the reasons you had last week that prevented you from keeping your self-care appointments (or anticipate some issues if you had a great week of self-care last week) and brainstorm as many as you can (*worksheet 2*).
6. Do a daily thought download on the topic of your own self-worth. Pick one thought and do the two models on it. Share any thoughts or insights you like with us in the Group Q & A.

## Worksheet 1

Purpose: \_\_\_\_\_  
\_\_\_\_\_

**Pick your self-care activities for this week and restate why they are important to your overall purpose. Next, add the date, time and duration of this activity that you will do it in the following 7 days then add them to your calendar.**

Yin:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

Yang:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

## Worksheet 2

### Common Reasons for Skipping Self-Care

1. \_\_\_\_\_  
\_\_\_\_\_

Plan: \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

Plan: \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

Plan: \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

Plan: \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

Plan: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

