

Self-Care Challenge:

A Window Between Worlds and Olga Phoenix, MPA, MA

I encourage you to take the Challenge this week to Make a Self-Care Plan.

One way to do this is to take 10-15 minutes and journal about what comes to mind after hearing this seminar. It is usually good to do this as soon as possible so that your ideas are fresh; however, it can be any time that you can find time.

Use the blank space in each wheel or a blank piece of paper to journal about each cog of the wheel. Write sentences, words, symbols, lists, shapes, or anything that helps you process your thoughts about each topic. Follow the instructions below to guide you as you journal and begin to develop your plan.

1. I invite you to take a long look at the wheel's six dimensions and realistically and honestly assess your current situation. Listen to your gut instinct and quickly put a mark by each cog that you feel you need to shore up. (1 minute)
2. In this next activity we will use the blank space under each to jot down your ideas. Think about where you would like to be in your life in terms of reducing stress and increasing self-care in the next 6 months/12 months. What will it take to attain this goal and what will it take to maintain it. Listen to your body and mind and write down any thoughts or images that come. Looking at each **Dimension** of your life, what are the activities that work well for you currently? What are the things that you would like to do more/less of? Are there any specific activities that you would like to add into your life in this area? (5 minutes)
3. Now review the comments that you have made. What are your hopes and goals in regard to embarking on a new self-care journey? (2 minutes)
4. What are your fears? (2 minutes)
5. What do you already know about your life and work habits that require your immediate attention? (2 minutes)
6. On a journey like this, it is really important to have a partner or supportive friend. This could be your spouse, best friend, co-worker, therapist, someone from this support group, or even the inner presence of an INNER Friend can do the trick. What supports can you put into place so that you do not feel like you are alone in this journey. (2 minutes)
7. Now that you have identified your Support System, it is valuable to reflect on your SABATEURS. This could be your inner critic, an unsupportive family member or friend. It could be an overly packed schedule, or an unhealthy habit. It is important to reflect on the fact that no matter who or what your saboteur is, YOU and your SUPPORT can confront them. Once confronted, it is easier to make changes. (2 minutes)
8. Identify one area and one change that you want to focus on for the next two weeks. Once you have mastered this change, pick your next one.

