

SELF-CARE WORKSHEET

Background | Our guest speaker, Aubree Nichols, said “February is the month where we focus on giving love to others, but what we really need to know is how to give love to ourselves first. The relationship we have with ourselves sets the foundation for EVERYTHING in our life, and I believe, is the ultimate love story.”

How to Use | You can move through this quickly, or take your time. We recommend setting a timer for 10 minutes for each section, giving yourself the time and space to reflect on what your current self-care practices may include as well as what you want to STILL do, STOP doing, and START doing.

It may help you to discuss with another person afterwards, as sharing can help to provide clarity on our thoughts and actions. There are no wrong answers, this is simply a tool for reflection. After you’ve finished, it may be helpful to set yourself experimental actions to try, or to set a calendar invite for a week’s time to check back in with what you’ve written here.

WHAT I DO FOR MY MIND		WHAT I DO FOR MY BODY	
CURRENT PRACTICES		CURRENT PRACTICES	
STILL (CONTINUE)		STILL (CONTINUE)	
START		START	
STOP		STOP	

WHAT I DO FOR MY WORK SELF		WHAT I DO FOR MY SPIRIT	
CURRENT PRACTICES		CURRENT PRACTICES	
STILL (CONTINUE)		STILL (CONTINUE)	
START		START	
STOP		STOP	



The School of Stolen Genius is an experimental learning community designed to support marketing and communications professionals, founded by industry thought-leaders Rosie & Faris Yakob. Visit <http://schoolofstolengeni.us> to enroll, or for more information.