



## What is Self-Care and Why is it Important?

### What is Self-Care and Why is it Important?

Defining self-care is easy because it's the opposite of self-sabotage or self-control. To successfully achieve self-care, you must have a self-care plan. It's through that structured plan that you're going to be able to properly care for your very being.

Self-care isn't just about brushing your teeth or combing your hair. Self-care is for the needs *within* you. ***Self-care is caring for your soul, your inner self, and your very being.***

### Building a Solid Self-Care Plan

A good self-care plan reminds you of what you want to accomplish. After all, you have values, goals, and a purpose in your life. This plan reminds you about what you need to do to take care of *you*. Using a day planner or making notes to yourself can remind you of your goals and the things you need to do to take care of your body, mind, and soul.

- ***Your self-care plan gives you a solid foundation for what you want to do and how you can accomplish it.***

You should also provide yourself with inspirational quotes and affirmations. This is the spiritual food that keeps you focused on your own personal well being. Not only do you have the reminders of what to do, but you also have little pieces of inspiration around you to remind you of *why* you're doing it!

In addition to inspirational quotes, you can hang motivating pictures throughout your home and office. These pictures may be of exotic places you'd like to visit someday, or tranquil images of nature.

Your pictures may be something that you want to attract into your life or may remind you of a positive memory from your past. You can also have a photo of your family to remind you of what's important to you.

- ***Your self-care plan should inspire you and remind you of why you want to take care of your body, mind, and spirit.***

Another aspect of your self-care plan is tracking your progress. Let's say you have a hard time getting motivated to exercise. By keeping a log of your exercise time, you can keep yourself focused on achieving a healthier you.

A food journal is also a good way to track your food choices so you can remind yourself that you need to eat nutritious foods. In addition, you can use a journal to record your mental and emotional health. Write down what's going on inside of you so you can evaluate your feelings and proactively take care of your mental health.

- ***Your self-care plan tracks your progress to help you stay on track toward your goals.***

You can use these aspects of planning toward anything in your life so you have that solid foundation you need to take care of yourself. Just make sure to take care of the *inside* as well as the *outside*.

### **Creating a Personalized Self-Care Plan**

You may need to motivate yourself to initiate your self-care plan. For some, beginning any new task may be daunting. In addition, you'll want to be sure you can find motivation along the way to help keep you on track.

Ask yourself about what has motivated you in the past. Use this as your motivation toward the things you need to do to take care of yourself.

A good motivator to keep you on track is to have a family member, friend, or spouse hold you accountable. If you slip up in your efforts to proactively take care of yourself, they will let you know so you can renew your focus and get back on course.

It's important to have some sort of structure in place for successful self-care. You need to take care of yourself before you can take care of anyone else. A good self-care plan will provide you with the vigor, attitude, and energy to enjoy life to its fullest!