

Dr. Alisa's **Love and Nurture Yourself** Checklist

One time my husband and I, and our two young sons, took a trip from NJ to visit my grandparents in Florida. After breakfast one day, my husband, sporting a great tan, left to go down to the pool. I was on my hands and knees cleaning up the floor from where my kids had dropped an assortment of tidbits and crumbs. My grandma looked at me and said, "Your husband looks great. He knows how to take care of himself. You look like a worn-out dish rag." Wow! That stung, but it really got me thinking.

It is so easy to work, work, work and not take time out for self-care. It's also easy to get caught up in taking care of everyone and everything else and letting yourself go to the point of being that worn out dish rag. My grandma's words motivated me to begin taking time out for my physical, emotional and social wellbeing. Twenty years later I am helping others do the same. I created this check list for my wellness coaching clients, and I am sharing it with you now, hoping it will inspire you to move yourself way up on your priority list.

1. Was I aware of negative self-talk today? (Awareness is a good first step!) What did I do when these thoughts came up?
 - Snapped the rubber band I wear on my wrist precisely for those moments
 - Mentally hit the delete button on them or said aloud, "Delete, delete. delete!"
 - Replaced them with a positive statement, thought, or affirmation (i.e. *I am cool, calm and confident.*)
 - Did some EFT tapping

2. Did I bring energy into my body today?
 - Exercised
 - Stretched

- Did some Yoga, Tai Chi, or Chi Gong
- Got up and moved around frequently
- Communed with nature
- Took a walk, hike or bike ride
- Got a chiropractic adjustment

3. Did I nourish my body today?

- Ate foods as close to nature as possible (i.e.: raw fruits, vegetables, salad)
- Ate freshly prepared foods
- Ate slowly, in peace, and with a feeling of gratitude
- Balanced favorable carbohydrates, proteins and healthy fats at each meal
- Refrained from packaged, processed foods
- Steered clear of unfavorable carbs like bread, pasta, bagels, muffins, cake, pie, cookies, candy, etc.
- Avoided sugary drinks
- Drank enough water (i.e. 64 ounces)
- Got a least 7-8 hours of sleep

4. Did I nourish my soul today?

- Danced
- Sang
- Meditated
- Drew, painted, sculpted
- Played or listened to music that brought me joy
- Wrote in my gratitude journal
- Worked in the garden
- Expressed gratitude to and for others
- Read something inspirational
- Did not criticize or blame myself
- Did not criticize or blame anyone else
- Prayed

5. Did I pamper myself at all this week/month/year??? Am I keeping up with putting my best face forward?

- Self-Massage

- Luxurious bath
- Sauna
- Professional Massage
- Pedicure/Manicure
- Facial
- Reflexology/Reiki/Energy healing
- Hair cut/highlight/new style
- Updated wardrobe/got rid of items that no longer reflect who I am now

6. Did I do anything fun today? Remotely fun?

- Did something creative
- Changed up my routine
- Thought outside the box
- Surprised someone in a good way
- Watched a funny movie or sitcom
- Called/got together with a friend(s) who makes me laugh
- Went window shopping
- Browsed through my favorite catalogue/magazine
- Watched funny YouTube videos
- Read something humorous
- Read for pleasure and enjoyment
- Got outside for some fresh air and sunshine
- Took my dog(s) for a walk
- Took a neighbor's dog for a walk
- Took in a matinee (that did not say martini!)

7. Did I plug into my support system?

- Called a trusted friend
- Met with or spoke to a family member who listens without judgement and doesn't try to "fix" me
- Had a conversation with my pastor/priest/rabbi
- Baked something and brought it over to a neighbor/sick friend
- Volunteered for something (Read to the elderly, food pantry/local library, etc.)

8. Did I unplug from technology at all or enough?
- Took breaks from my computer every half hour or so
 - Put my cell phone in another room so it would not be a distraction
 - Refrained from picking up my cell phone while in the company of others
 - Did not check my email at every red light
 - Did not let Facebook suck up my precious time
 - Did not check any device for at least one hour before bed (to avoid blue light interruption to deep sleep)
9. Did I improve the energy within my home, car, or office by reducing clutter and chaos?
- Condensed and consolidated
 - Organized, reduced or eliminated piles
 - Gave away, donated, recycled or disposed of something I no longer need
 - Cleaned out a draw, an area, a closet, a room, the garage, etc.
 - Cleared off a cluttered table or desk
10. Did I mentally challenge myself today or lately?
- Took a new route while walking, jogging, biking or driving
 - Met one new person or at least smiled at someone, held the door, picked something up for them, etc.
 - Talked to someone with a very different viewpoint than mine
 - Did a crossword puzzle, sudoku, word finder, etc.
 - Read something in a genre I usually avoid
 - Learned one new vocabulary word and used it in a sentence
 - Signed up for a class
 - Started a new hobby
 - Planning a trip
 - Organizing an event