

Self-Care Strategies

You can build healthy bubble boundaries and be your best self for others by practicing self-care.

Directions: Read the following self-care strategies. After each one, ask your heart, “What are some ways I can implement this?” (Being aware of a problem and then focusing on your authentic solution makes it easier to move forward in new, more effective ways.)

Self-Care Strategy #1: Be kind to yourself in your thoughts.

We are talking to ourselves all the time. Listening to the “good guy on your shoulder” is a choice. It is your #1 job. You can imagine putting duct tape over the “devil’s” voice of self-criticism and a microphone in the hand of the “angel on your shoulder’s” voice of



unconditional love, encouragement and understanding.

Ask your heart, “What are some things I can say to myself when I notice I am being unkind to myself in my thoughts?” What are some ways I can implement this strategy? Record ideas below.

Self-Care Strategy #2: Be willing to explore, discern and live life your way.

There is no steadfast truth about the one right way to live. Listen to others' ideas and your own feelings. Good feelings indicate you are focused on your big picture truth.



Check in with yourself. “What are some things other people tell me that do not feel true to me?” What are some ways I can implement this strategy today? Record ideas below.

Self-Care Strategy #3: Take time to create win-win scenarios.

Is there a place in your life where you feel you don't get what you want, but another person does? Perhaps there is a topic where you feel like it is “my way or the high way”; where if you give up doing things your way you will not be okay or get what you want. Both of these scenarios will cause resentment. Long term lose-lose scenarios.

Be clear on your desires. Use the Clear Inner Focus Tool if you are not. Then communicate your desires to gain understanding and build plans that work for both of you.

There is no such thing as a win-lose scenario. If both of your needs are consistently not being met, both parties will lose in the long run.

Check in with yourself. Is there a recurring topic or situation where you feel

you do not get what you want, or a scenario where someone you spend time with complains that they are not getting what they want?

Ask yourself, “What are ways I can implement this self-care strategy today?”
Record ideas below.

Consider doing a [Clear Inner Focus Table](#) on that topic to gain clarity and new steps forward.

Self-Care Strategy #4: Be complete.

Take care of the things hanging over your head. Telling yourself you need to do something and then NOT doing drains your energy and causes undue stress. If you can't do them today, schedule time to build a Clear Inner Focus Table so you can line up the motivation and clear step forward soon.

In each activity we do, there are things we want and things we don't want. Sometimes the thoughts of past problems stop us from getting things done or get in the way of our ability to enjoy the experience.

For example: I want to vacuum my car. The last time I did it, the vacuum cleaner at the gas station had problems. The hose end was jagged, the electricity stopped early, and I didn't have enough quarters to finish the job. All those remembered thoughts and feelings made it really hard to get motivated to do the simple task of cleaning the car. A minute of lining up my thoughts in with a Clear Inner Focus Table helped me get motivated to complete the job and reap the benefits of its completion.

Clear Inner Focus Table™

1. Breathe Topic of concern: Messy car

| What is it that you do not want to be thinking, feeling or experiencing? | In a magical world, without having to know how, what do you want to be thinking, feeling or experiencing? |
|---|--|
| 2. Record <i>Vacuum doesn't work</i> <i>Hose is worn out</i> <i>To run out of time and coins</i> <i>Frustrated</i> <i>A waste of time</i> <i>It's still not clean</i> | 4. Ask heart. Record <i>It was easy</i> → <i>The vacuum worked great</i> <i>I had enough time and suction to finish the job</i> → <i>Happy, proud, complete</i> <i>I like my car and am happy to have friends and family ride in it with me</i> |
| 3. Breathe Feel Accept | 5. Imagine What is one step you can take in the direction of the above desire? <i>I can use the central vacuum in my garage at home when my husbands car is out of the way.</i> 6. Ask heart. Record |

Example:

Check in with yourself.

Check in with yourself. Is there something that you have been wanting to get started on or complete? What are some ways I can implement this Self-Care strategy?

Two strategies we recommend is [The Clear Inner Focus Table](#) and [To Thrive List](#)

Record ideas of what you might try below.

Self-Care Strategy #5: Set realistic human goals. Do your best and let your best be good enough.

There are only so many hours in the day, and you will never get everything that needs to be done completed. There will always be more.

I have created a tool to help you track the things you need to do, the time it takes to do them and engage better motivation, fulfillment and support from the Universe. It is called a **To Thrive List**.

It is a “To Do” with a twist. What you do is write down the things you would like to, or need to accomplish in the “To Do” column. Next to these things, on the left, give your tasks an estimated time to start each task.

Now move to the “To Be” column. Ask yourself, “Who do I want to BE while I am doing this?” (efficient, open, happy, understood, etc). This ramps up motivation, meaning and fulfillment.

In the last, “Ta Da” column, identify what kind of help you would like from God, The Universe. This would be things you would love to happen for you, but you know they are out of your control. For example, they find time to talk to me today or someone calls with the perfect new idea). This takes out the resistance you might have, and helps you engage and receive the support you are asking for)

Use the list as a guide for your day.

End your day with self-praise for what you completed, what you are learning and let the rest go. (Many things work themselves out on their own when the timing is right. You cannot control time.)

Self-Care Strategy #6: Take care of your body, mind and spirit - your way.

Tending to your body, mind and spirit helps clear the residue of old heavy thoughts and feelings from your Energy Bubble. It helps you open your minds to the flow of your “I can” thoughts. When you pay attention to your body, mind and spirit and do the things you enjoy doing, you feel great.



Exercise and feed your body because you love your body, not *in order to* love it.

Check in with yourself: How do you like to tend to your body, mind and spirit? Are there some things that no longer serve you? Are there new ways you would like to try?

Self-Care Strategy #7: Accept all of you.

We each have a unique set of strengths that are comfortable for us to use. The opposite of these aspects is part of us, too.

All aspects of our personality are gifts and all gifts can be over-used.

For example, a strong person can benefit from showing weakness and vulnerability sometimes. No one can or should be strong all the time.

What is your current challenge, area of growth?



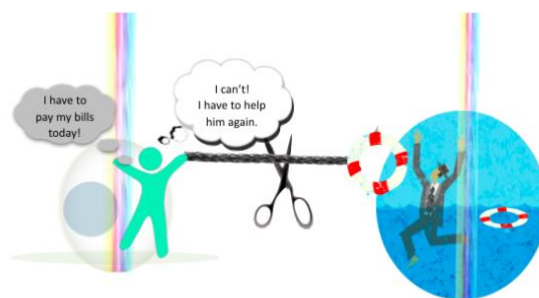
Check in with yourself: Ask yourself, “Who do I need to be in this situation?”

How can I support myself?" Some ideas could be strong, compassionate, clear with boundaries, patient or determined.

Let yourself be it, and get comfortable being it, even if it isn't your normal mode of operation.

Self-Care Strategy #8: Take responsibility for yourself. Let others take responsibility for themselves.

If you find yourself always helping someone, at the cost of taking care of your own needs, you are engaged in a long-term lose-lose dynamic. This habit can be automatic, a pattern set up long ago. If you constantly put others back on their feet, they might be able to stand, but they won't be able to stand strong on their own. This kind of attachment drains your energy and keeps others dependent on you.



People learn, grow and thrive when they learn how to turn to themselves and find their ability to stand on their own. Use **Tool: Define Your Lane of Responsibility** if you find yourself taking care of others at the cost of your own needs and goals. Then stay in your lane. This will help both of you develop your inner strength and ability to be effective in your own lives.

Self-Care Strategy #9: Learn the language of self-soothing

Self-love, self-loathing and self-criticism are normal human thoughts and conditions.

You might experience Self-hate with one thought, "I'm never going to get it right," and then naturally soothe yourself back to self-love with a thought like, "You will get it. Just give it some time."

But sometimes we “beat ourselves up” or are really hard on ourselves with thoughts like, “Bad job. You are not good enough. You shouldn’t have.” Many times, we turn to people, places, and things outside ourselves to feel better.



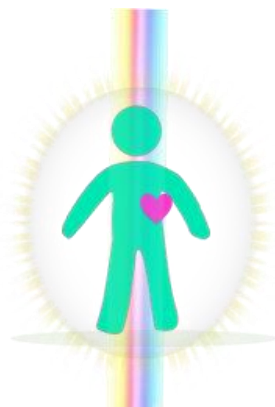
Thoughts we think about ourselves affect the way we treat others and allow them to treat us.

Self-soothing is the answer. Think of a baby who is learning to walk. They make mistakes, get hurt, and take days off between trying. Sometimes they revert back to crawling for a while. What kind of things would the parent say or think as the child learns? Think these thoughts about yourself, too.

Check in with yourself: What would you tell a child who is frustrated or feeling bad about learning and making mistakes?

Be prepared to talk to yourself this way during your challenges.

Self-Care Strategy #10: Practice Strong Love



Strong love does not ignore
Strong love does not shrink
Strong love does not fix

Strong love radiates
Strong love addresses
Strong love speaks from itself
Strong love maintains itself

“Bad behavior deserves boundaries, a unique form of love.”

Check in with yourself:

Is there something you have been ignoring that could use your attention? Fill out a **Clear Inner Focus Table** so you can get focused on the solution.