

## C is for CHECKLIST: Self-Care Transformation Tools

### Consider...

WHAT are you feeling these days? WHERE are those feelings stored in your body? WHEN are you most likely to feel flooded with challenging emotion(s)? Writing down your answers on paper immediately accesses new depths of calm, confidence and creativity. Negative-loop thinking has nowhere to go so it grows, grows, grows. On paper, panic becomes peace. Yay!

### Contemplate...

How can you make a daily practice of gratitude alone or with others? You can write down 10 things you're grateful for in the morning or before bed. As a family before dinner, each member can share three events of the day that made them feel grateful. Note: Children are smart. Saying things like, "I am very grateful my sister wasn't really irritating today" needs a do-over.

### Commit...

Make your workspace beautiful. Yes, purdy! Clear the clutter, hide the laundry basket. Put a plant (preferably not plastic) on your desk. Surround yourself with as much beauty and inspiration as possible. Do you have a favourite photo, poem or seashell? Let your Muse see what you love. Easy-to-see touchstones or totems help us stay tender and keep perspective.

### Control...

You still DO have command over your life. Our daily choices determine the quality of our hearts (emotional + spiritual health) and heads (mental outlook + professional impact). You're the captain over the following: your sleep routine, inner talk, media consumption, food choices, mindset, attitude and behaviour towards others, resilience and courage in the face of fear.

### Celebrate...

Create routines and rituals that nourish your mind, body and spirit. As you WFH (work from home), chart your progress and celebrate your wins as you create healthy and happy habits. Get up 15 minutes early. Put one less tablespoon of sugar in your coffee. Go outside once every day. Set up Friday night "virtual dates" with friend(s). Stretch while watching TV. Eat spinach.

### Cheery conclusion...

These are transformative times. We are not stuck at home – we are SAFE at home. And you have meaningful, purposeful Work that helps and Serves others. **Stay in your boat.** Yes, the waters are wild, the wind is raging and we are far from shore. **Stay in your boat.**

There are people in the water and they are swimming toward you. **Stay in your boat.** Take care of yourself, Captain, so you can lift us up into the safety of community, courage and Love.

**Inquiry for our session together:** What are you "C" ing for yourself over the next 30 days? What are you considering, contemplating, committing, controlling and celebrating as you practice self-care at home and at work? What new identity or habit do you want?