

WHOLEHEARTED

WHY DOES IT HURT SO BAD?!

An Example Self-Care Checklist	
PIES	DAILY
S	Complete my Daily Journal
S	Complete My Happiness (Gratitude) Sheet
P	Take a walk for at least 10 minutes
I	Say NO to some external demands
S	Read something inspirational or a devotional daily
P	Eat a healthy diet
P	Get adequate sleep
E	Enforce boundaries
P	Be comfortable in what I wear
All	Do one thing just for me
E	Call my daughters and/or grandchildren daily
S	Say one positive statement about myself daily
S	Do some meditation daily
E	Have a moment observing nature every day
P	Sit down for meals
I	Plan my day at breakfast
E	Contact one person from my support network daily
S	Practice acceptance – Serenity prayer daily
	WEEKLY/MONTHLY
E	See my counsellor weekly
E	Speak to my sponsor weekly
E	Attend at least one 12-step meeting weekly
P/S	Yoga session or go to gym once a week
I	Increase my knowledge of SA, recovery, meditation
P	Pampering session twice a month at home or out
I	Work part-time at a level that suits me
E	Date night, couples recovery when appropriate
	AS APPROPRIATE
IES	Retreat activities
P	Visit dentist/doctor for health checks and as needed
E	Review boundaries

Top Takeaways

How can I use what I have learned?

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WHY DOES IT HURT SO BAD?!
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