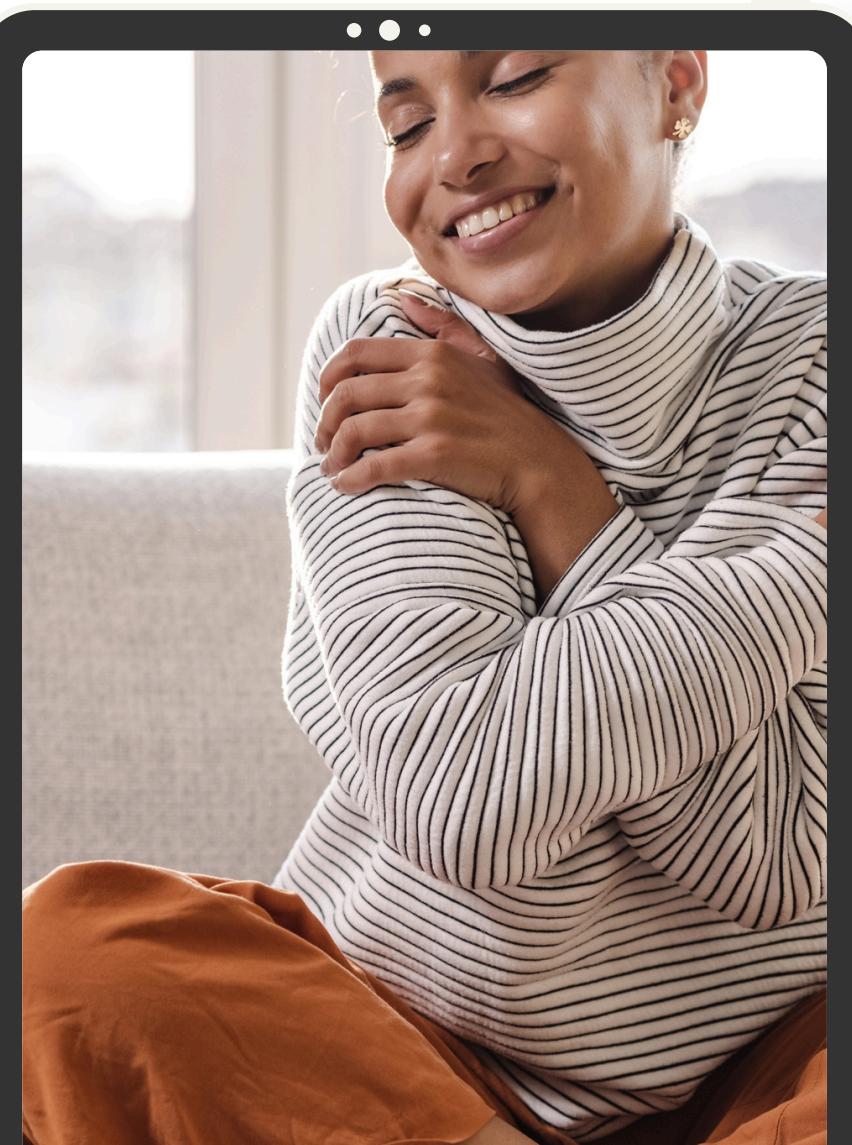




# Self-Care

## CHECK-IN GUIDE

*Pause. Reflect. Reset.*



# WHY SELF-CARE MATTERS

Taking care of yourself is not selfish; it's stewardship.

Think of it as nurturing the life God has entrusted to you. When you prioritize your well-being, you're better equipped to fulfill your purpose and serve others from a place of overflow.

Self-care is taking intentional action to protect and improve your own physical, mental, and emotional well-being. It involves daily activities like eating healthy and getting enough sleep, as well as making time for activities that bring you joy, like hobbies or spending time with loved ones. Self-care also includes practices like mindfulness, setting boundaries, and managing stress.

Remember, you are loved, valued, and worthy of care.

## SELF-CARE SCORECARD

Rate yourself on a scale of 1-5 (1 being 'Not at all' and 5 being 'Excellent') in each area:

•Sleep: (1-5) \_\_\_\_\_

•Nutrition: (1-5) \_\_\_\_\_

•Movement: (1-5) \_\_\_\_\_

•Emotional Health: (1-5) \_\_\_\_\_

•Spiritual Life: (1-5) \_\_\_\_\_

•Relationships: (1-5) \_\_\_\_\_

**Total Score:** \_\_\_\_\_

# REFLECTION PROMPTS

*Take a moment to reflect on the following questions. Write your answers below:*



**01** How can you practice more self-kindness and compassion towards yourself today?

**02** Where can you create more space in your schedule for activities that nourish your soul?

**03** What boundaries can you set (or reinforce) to protect your peace and energy? What can you say 'no' to?



## MINI RESET PRACTICES

*Incorporate these simple practices into your daily routine:*

**Deep Breaths:** Take 5 slow, deep breaths to center yourself.

**Gratitude:** List 3 things you are grateful for.

**Water:** Drink a glass of water to rehydrate and refresh.

**Sunlight:** Spend a few minutes in the sunshine to boost your mood.

**Pray Psalm 23:** Acknowledge your Shepherd and find comfort in His care.

## ACTION STEP:

Look back at your Self-Care Scorecard. Circle one area where you'd like to improve.

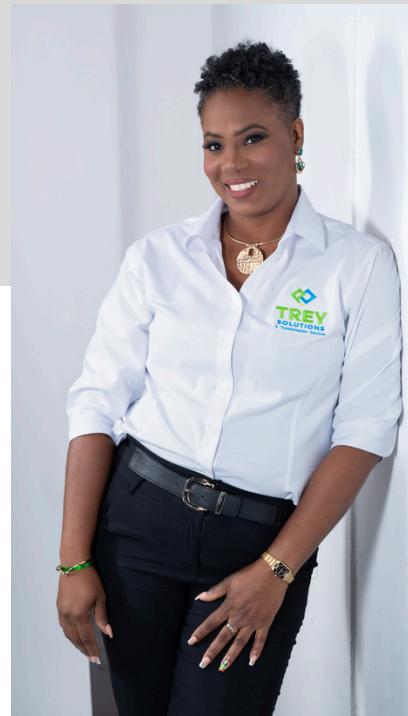
Commit to one small, daily action you can take to nurture that area. For example, if you circled 'Sleep', you might commit to going to bed 15 minutes earlier each night.

Area of Focus: \_\_\_\_\_

Daily Action: \_\_\_\_\_

# About THE AUTHOR

Talisha J. Reyes is the author of **Let's be Intentional: 4 Steps to getting and staying UNSTUCK and finding the Clarity, Confidence and Courage to live your life on purpose.** She is the founder of TREY Solutions & Transformation Services Ltd and is a woman on a mission to share the joys of living a full, balanced and intentional life. Talisha is fueled by her passion for continuous learning and self-development. It's a rewarding habit that has allowed her to hone her education and skills for the last 20 years.



As a personal development coach, mentor and workshop facilitator, she works with women who lack clarity with their goals, battle with their limiting beliefs and who do not take action because of habits of procrastination and lack of consistency. She helps them move from feeling frustrated and stuck to having the clarity, confidence and courage to live a fulfilling life.

Talisha focuses on building their self-awareness, understanding their "whys", clarifying their goals and assisting them in the building of better habits.

Clients also have the added benefit of having a tuned in and highly dedicated accountability partner.

READY TO DIVE DEEPER  
INTO PRIORITIZING YOUR  
WELL-BEING?

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