The Self Compass Self Care Activities for Increased Balance

Being

Stepping Back - Gain Perspective

Meditation Solo Time with No Agenda Give positive words to others Practice Self-Compassion, Self-Leadership **Develop Life Plan** Know your Purpose, Identity, Core Values, People Learn about and Be a Mentor/Leader Who/How do you Serve? Break Away from Influence of Parents, Society, or Others

Thinking

Analyse and Evaluate

Get Coaching/Counseling/Therapy Journal Read Books Expose yourself to new ideas **Rite of Passage** Learn something new Challenge Should's, Black and White Thinking, Needing to be Right, Filters, Jumping to Conclusions, Personalization and Other Cognitive Distortions

Wholeness Balance Choice Relationship Self-Others

Take Action Embody and Get Physical Exercise/Stretch Martial Arts **Competitive Sports** Say No/Say Yes Clearly Establish Manageable Daily Routines Defend Core Values+Boundaries Set Goals, Be Honest and Accountable (Without shoulds/judgments) Simplify Declutter/Clean

Do things that give you pleasure Especially with 5 senses Time Outside/Camping Hiking Massage/Body Work Mindfully Eat Dessert/Chocolate Create Art/Music Plan a Fancy Date Write Love Letter Listen to Music that Stirs You Engage in Hobby/Fun/Passion **Practice Emotional** Competency

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Doing