



path to
nourishment



Self Care Checklist

Self-care is your responsibility and means something different for everyone. You are not required to complete everything on this checklist, but being aware of taking timeout for self care is a great start

Nourish your mind

- ♡ Be mindful of how you talk to yourself
- ♡ Notice if your behaviours have a positive intention
- ♡ Believe in yourself, work on your self doubt

Nourish your body

- ♡ Move everyday - run, walk, cardio, yoga, strength
- ♡ Eat quality food - SLOW
- ♡ Body boost daily
- ♡ Remove toxins from around the home

Nourish your soul

- ♡ Meditate
- ♡ Embrace fun and laughter
- ♡ Connect with like-minded souls

To dive deeper into each step
purchase my
Guide to Nourishment
self-care-workbook
scan the QR code for more details

