



PLANSIMPLE PRESENTS

# 21 DAYS OF SELF CARE

# ARE YOU AS SICK OF SELF CARE AS I WAS?



Hi! I'm Mia, and I am so excited by the idea that women everywhere can make great money, be amazing mothers, and take impeccable care of our selves — yes in the same day!

I would like to offer that self-care is necessary, but should not be a burdensome item on your to-do list.

Here is a strategy based on something I learned from my friend Nina Manolson 15+ years ago. It's called 10-10-10. I adopted it to fit with the FLOW Planning steps. (The planning pages that map are on the next pages.)

**#1. Do a brain dump.** Answer the question, "What do I need most in this season?" Let it come from your heart. Right now, I might say, "water, gentle movement, time with family, baths, books over netflix."

**#2. Look at the list and make it into 10 minute moments that are really specific.**

Based on my dump from prompt #1, I might put 10 minutes of yoga, 10 minute walk, 10 minutes of Qigong, drink a glass of water, sit with a mug of herbal tea, snuggle with hubby, lie in P's bed while she does homework, draw a bath, read a business book for 10 minutes, read fiction for 10 minutes.

**#3. Schedule three 10 minute pockets of time each day to do some of the things above.** I suggest setting an alarm on our phone that says, "10 minutes for me," and setting them for a time you are free the next day. Make sure the sound is calming, so even the reminder is caring.

#### Extra tips:

- Decide the 3 things you will do the following day each evening before bed. Alternatively, you can choose to work with the same three items for a week or two.
- If you start to feel bad about the 10 minutes, recall WHY you are focusing on them.
- This is a practice, beating yourself up about 10 minutes missed is not self care. Self-kindness comes first.

I recommend gently tacking yourself for 21 days. Start to catch what pulls you away from prioritizing you. Learn from your obstacles, and plan your way through them.

And do tell me how it goes!!! I would love to hear.

xoxo,

# SELF CARE LIST

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**WHAT SEASON ARE YOU IN?** Examples might include: a season of getting healthy, the season of perimenopause, the season of little kids, the season of empty nest, a work season, a money making season, a season of transition, a season of travel, a season of simplifying, a season of awakening. You may have a combo of things.

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**WHAT DOES SELF CARE LOOK LIKE FOR YOU IN THIS SEASON?** Write down what you really need to feel held this season. Ditch what you think self care is supposed to be, and lean into what it is for you in this season.

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# SELF CARE LIST

**HOW CAN YOU BREAK DOWN YOUR DUMP INTO 10 MINUTE MOMENTS THAT WOULD DEEPLY NOURISH YOU?**

1

2

3

4

5

6

7

8

9

10

**LIST THREE SPECIFIC TIMES OF DAY YOU WILL TRY 10 MINS OF SELF CARE —  
COULD BE AFTER A MEAL OR A SPECIFIC TIME.**

1

2

3

**SCHEDULE THE 3 TIMES IN YOUR PHONE. EXPERT TIP: SET AN ALARM SOUND THAT IS CALMING.**

