



Map the road within

## **SAMPLE EXERCISE: THE POWER IN SELF-CARE**

### **What GIVES you energy?**

What do you do you get excited about? What do you look forward to? What do you do for fun? You might think of hobbies you enjoy or a hot bath or your friends or your favorite music or sitting under a quiet tree with your favorite book. Maybe a walk outside or an hour at the gym or a good movie. Maybe a long drive or a swim in the lake or thirty minutes in a hot tub. How about a horseback ride or playing with your dog or visiting a relative who makes you feel good about yourself or taking a nap? Close your eyes and imagine 20 things you would like to be doing right now if you had the time... and yes, 20! When you get stuck keep thinking, that's when you'll come up with some of your best ideas!

List them here:

(example: go for a walk) P / M / E / S	(example: ride my motorcycle) P / M / E / S
1	11
2	12
3	13
4	14
5	15
6	16
7	17
8	18
9	19
10	20



Map the road within

Now go back through your list and see which of the four parts of yourself you are taking care of when you do this activity. Write one or more of the following letters by each activity. (see the example above)

P = Physical Self   M = Mental Self   E = Emotional Self   S = Soulful Self

Are you taking care of all four parts of yourself or are you cheating one or more areas? List at least one area that needs more attention and write two things here that you can do to refuel that SELF.

Self that needs more attention.	Here's how I can take better care of the Self...