



Self-Care
Starter
Kit

 @ACTION_ASHLEY

Hey, Action Taker!

I'm so proud of you for taking action on your self-care.

Here are the instructions for the *Self-Care Starter Kit*...

- 1. Check off the self-care activities you want to do.**
- 2. Write in which day you will do the checked activities and the time you plan to do them. Don't forget to circle AM or PM.**
- 3. Take action each day!**

For accountability and community:

Take a picture of your checked off activities sheet and calendar days and post to Instagram using the hashtag #selfcaresstarterkit and tagging me @action_ashley.

SELF-CARE INSPIRATION

Check the activities you want to do!

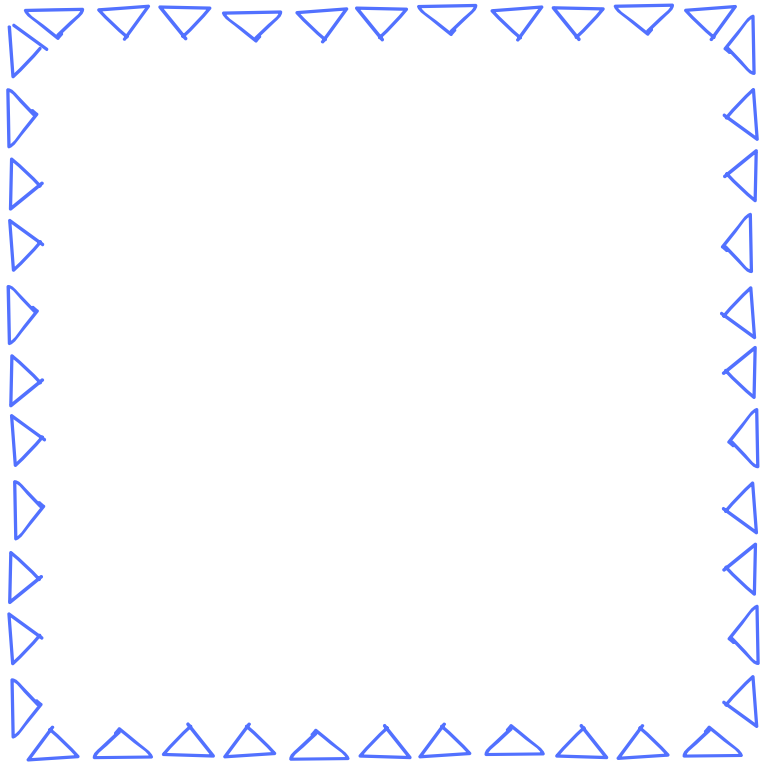
- Drink more water
- Meditate
- Go for a run
- Read a book
- Journal
- Plant something
- Go to bed an hour early
- Color in a coloring book
- Cook a healthy meal
- Go for a walk outside
- Make plans with a friend
- Write down three things you love about yourself
- Organize/clean your room
- Listen to a new podcast
- Write down three things you're grateful for
- Make a playlist expressing your current mood or how you'd like to feel
- Take a bath, dim the lights, and light your favorite scented candle
- Watch something to make you laugh
- Disconnect from electronics an hour before going to bed
- Write something positive on a post-it note and put it where you can see it everyday



MONDAY

Self-Care

Activity



Time of

Activity

_____ ● ● _____ **AM/PM**

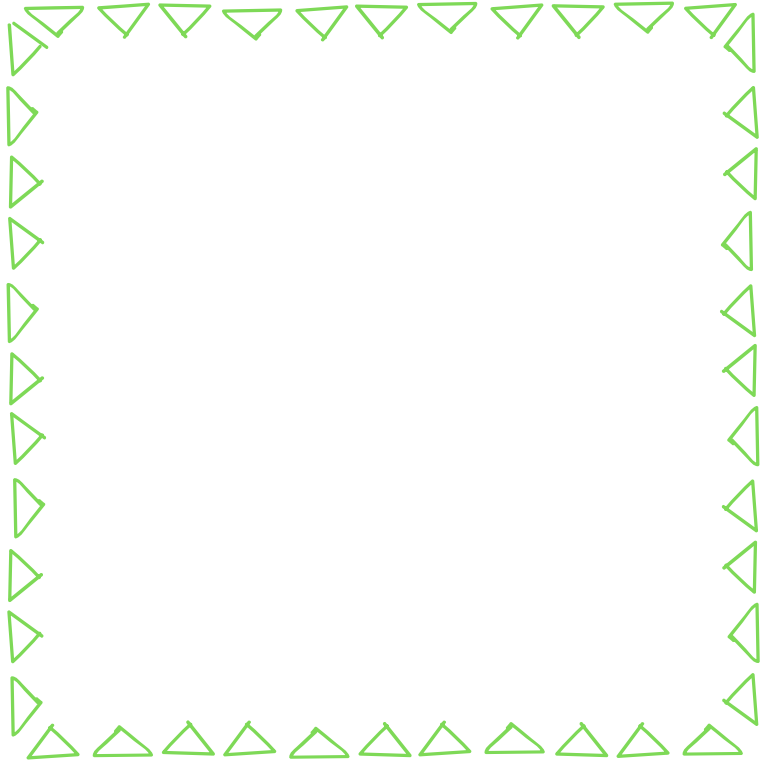




TUESDAY

Self-Care

Activity



Time of

Activity

_____ : _____ **AM/PM**

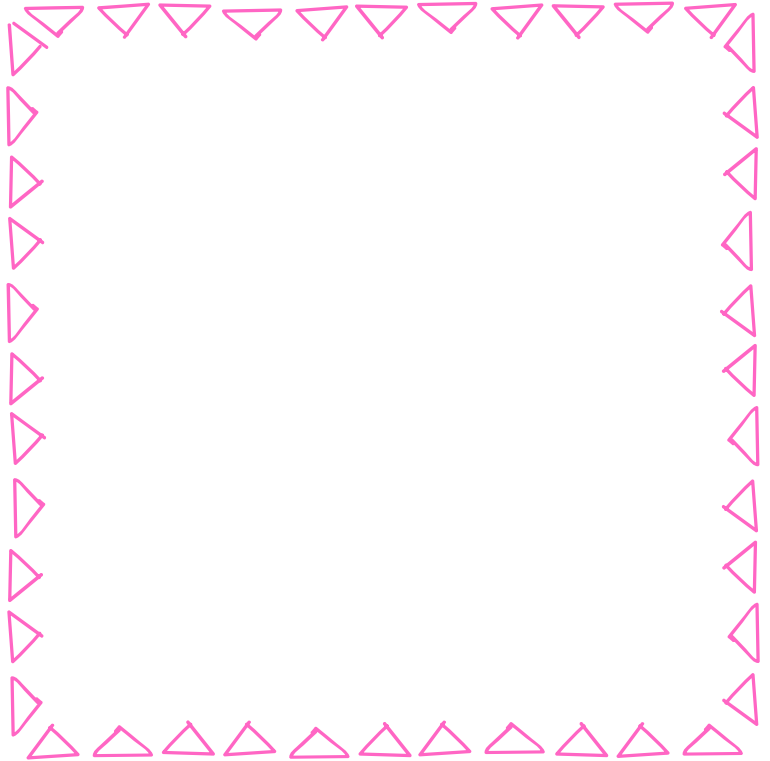




WEDNESDAY

Self-Care

Activity



Time of

Activity

_____ ● _____ **AM/PM**

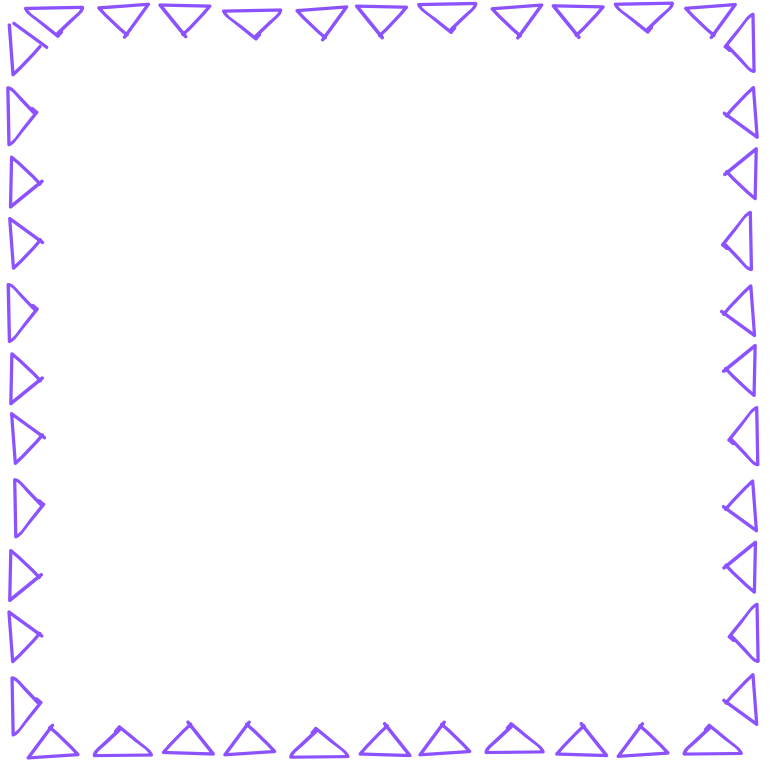




THURSDAY

Self-Care

Activity



Time of

Activity

_____ ● _____ **AM/PM**

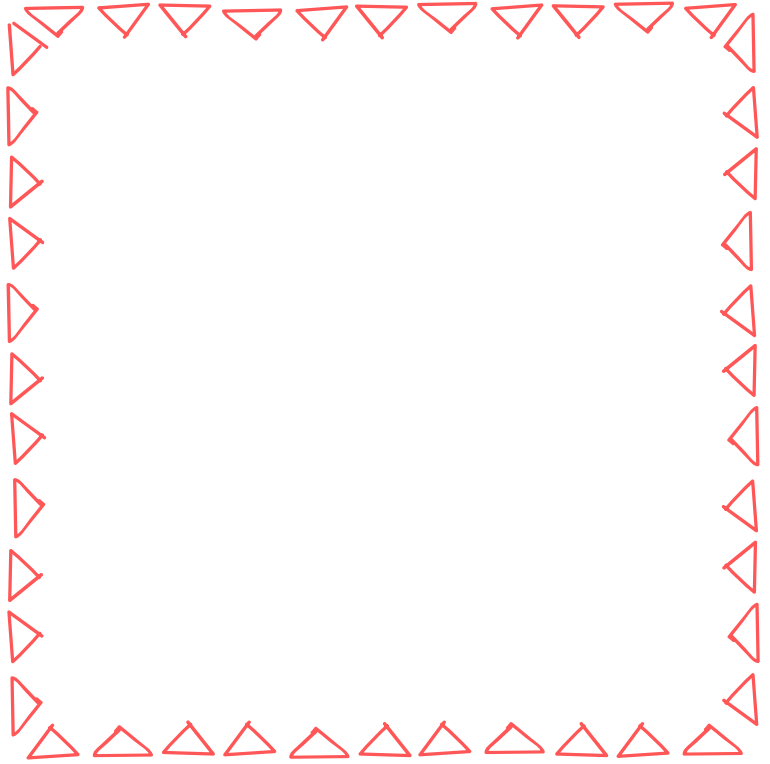




FRIDAY

Self-Care

Activity



Time of

Activity

_____ ● _____ **AM/PM**

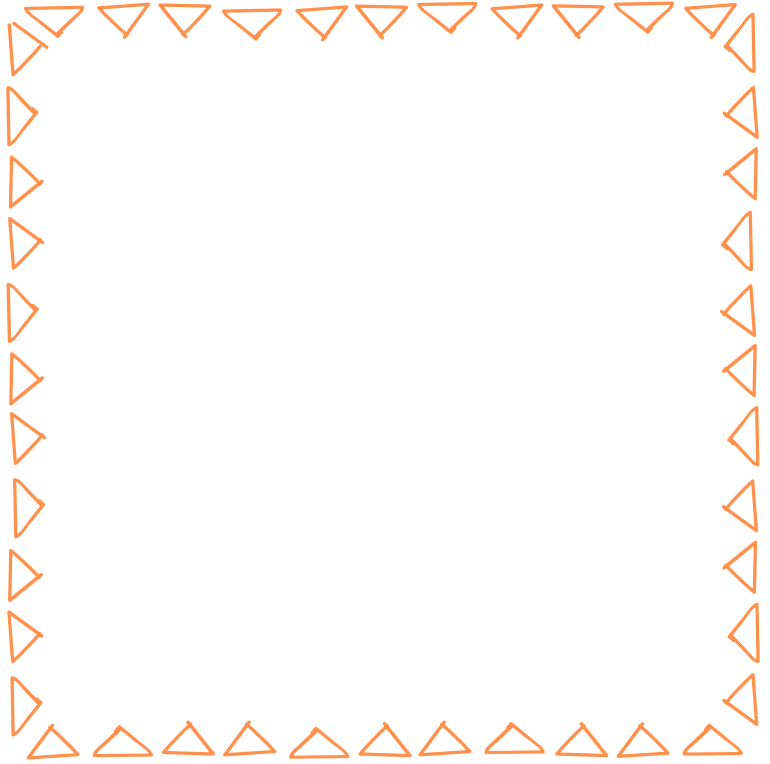




SATURDAY

Self-Care

Activity



Time of

Activity

_____ ● _____ **AM/PM**

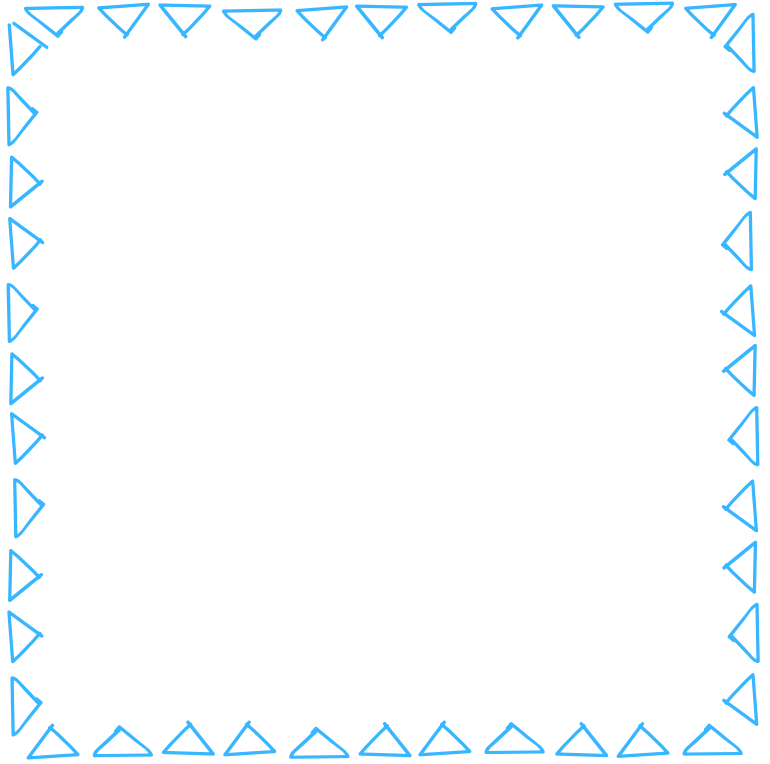




SUNDAY

Self-Care

Activity



Time of

Activity

_____ ● _____ **AM/PM**



Congrats!

You should be so proud of yourself for committing to take action on your self-care and following through this week!

I hope you had fun with it and felt more rejuvenated.

Self-care allows us to show up with more energy for ourselves and the people and passions in our life.

Shoot me an email and let me know how the *Self-Care Starter Kit* worked for you!

Warmly,

Ashley



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@action_ashley