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SELF CARE QUICKSTART GUIDE



Your Self-Care Quickstart Guide will help you identify your needs, prioritise your goals, and develop a plan to better care for yourself. It's the perfect tool to help you incorporate daily well-being practices.



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INTRODUCTION



Self-care is a fundamental aspect of our well-being, a practice that invites us to prioritise our physical, mental, and emotional health in a world that often demands relentless effort and constant busyness. It is not an act of selfishness but an act of self-preservation, a reminder that caring for ourselves is the foundation upon which we build a life of balance and fulfilment.

The benefits of a consistent self-care practice are vast and transformative. It can reduce stress, boost mental clarity, and increase emotional well-being. It fosters a sense of self-worth and self-love, enabling us to give more to others when we are at our best. It can improve physical health, promote better sleep, and enhance our capacity for joy.



SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	

Understanding GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION. USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?

PHYSICAL SELF-CARE



Physical self-care encompasses a range of activities and practices aimed at nurturing and maintaining the health and vitality of our physical bodies, such as regular exercise, balanced nutrition, adequate sleep, and similar measures that benefit our physical body. We have provided some examples for your below.

Physical self-care recognises that our bodies are the vessels through which we experience the world. By caring for our body, we can optimise our overall well-being. We should engage in activities that promote strength, flexibility, and cardiovascular health, as well as practices that reduce stress and support restorative rest. Ultimately, physical self-care is about fostering a harmonious relationship with our bodies to ensure they serve us well throughout our lives.

EXERCISE REGULARLY

GET ADEQUATE SLEEP

EAT HEALTHY AND
BALANCED MEALS

DIGITAL DETOX

PRACTICE MINDFULNESS
AND YOGA

PRACTICE DEEP
BREATHING



PHYSICAL SELF-CARE *Checklist*

	M	T	W	TH	F	SA	SU
Drink a glass of water to start the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretch your body and breathe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have a healthy breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enjoy a warm morning drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enjoy physical movement for about 20-45 mins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enjoy some sunshine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take regular breaks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take a mindful shower or bath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some fresh air and take a few deep breaths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wind down by avoiding screens at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get in bed before 10pm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain a consistent sleep rhythm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MENTAL SELF-CARE



Mental self-care is the practice of tending to our cognitive and emotional well-being. It involves activities that promote mental clarity, emotional resilience, and psychological balance. This includes engaging in mindfulness and meditation exercises to reduce stress and anxiety, seeking therapy or counselling when needed, setting healthy boundaries, managing time and priorities effectively, and cultivating a positive mindset through activities like journaling or gratitude practice. Mental self-care recognises the importance of nurturing our minds to navigate life's challenges with clarity, emotional intelligence, and a sense of inner peace.



MENTAL SELF-CARE Checklist

	M	T	W	TH	F	SA	SU
Take a few minutes for meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take a mindful walk in nature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat your meals with attention and intention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take time for journalling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Remember to take time for conscious breaths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen to your favourite song	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practice affirmations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take time for learning something new	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some fresh air	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Schedule digital detox	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stick to your sleep rhythm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practice gratitude (see example below)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

GRATITUDE JOURNAL

Example

S M T W T F S

DATE ____ / ____ / ____

TODAY I'M GRATEFUL FOR

1

2

3

SCHEDULE FOR THE DAY

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

DAILY AFFIRMATION

NOTES:

SOMETHING I'M PROUD OF

○ _____

○ _____

○ _____



SOCIAL SELF-CARE



Social self-care is an essential aspect of overall well-being that emphasises nurturing our connections with others and fostering healthy relationships. It involves actively engaging in social activities, maintaining a support network of friends and family, and setting boundaries to protect your emotional energy. Social self-care recognises the power of meaningful connections and the positive impact they can have on our mental and emotional health. By prioritising this form of self-care, we not only strengthen our relationships but also create a vital support system that contributes to our resilience and happiness in life.

EXAMPLES	
Schedule time with friends or family	Express your feelings
Spend quality over quantity time	Set boundaries
Practice active listening	Learn to say "no" when needed
Be understanding	Practice conflict resolution



SELF-CARE STRATEGIES



It's harder to plan when you're overwhelmed or in a crisis. However, planning for challenges before they happen gives you insight into the best and most sustainable options for you to recharge and recharge your batteries. Also, each day, proactively taking care of yourself in small ways helps you be better prepared for challenges or unforeseen circumstances.

THINGS I CAN DO EACH DAY THAT
WILL MAKE ME FEEL GOOD ABOUT
MYSELF

WHAT I SHOULD SAY TO MYSELF
WHEN I AM HAVING A DIFFICULT
TIME

WHAT I SHOULD AVOID DOING
WHEN I AM HAVING A HARD DAY

WHAT I CAN DO (THAT IS GOOD
FOR ME) WHEN I FEEL
OVERWHELMED OR UPSET

Below we have also included a daily planner for you, so that you can write down, visualise, and be reminded of your goals, affirmations, and self-care tasks.

DAILY planner

DATE _____

M T W T F S S

MOOD



WEATHER



QUOTE OF THE DAY



BREAKFAST

LUNCH

DINNER

SNACKS



TO DO LIST

- _____
- _____
- _____

NOTES

TOP 3 PRIORITIES

- _____
- _____
- _____

SCHEDULE

- 6AM _____
- 7AM _____
- 8AM _____
- 9AM _____
- 10AM _____
- 11AM _____
- 12PM _____
- 1PM _____
- 2PM _____
- 3PM _____
- 4PM _____
- 5PM _____
- 6PM _____
- 7PM _____
- 8PM _____
- 9PM _____
- 10PM _____

CONCLUSION

Self-Care Quickstart Guide



Self-care is an integral part of maintaining your overall well-being. It involves taking care of your physical, mental, and emotional needs and finding ways to relax and unwind. There are many different self-care strategies that you can use, such as the ones mentioned in this guide. By regularly incorporating self-care into your routine and seeking support when needed, you can help to maintain your overall well-being and feel more balanced and fulfilled.

We dearly hope you enjoyed this guide! And we hope that our products will make it that much easier for you to have that self-care space that you love. Thank you for being part of the boho flow. community!





Premium Yoga Brand

Get in touch



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