GO HARD CHICK

PLANNER

Remember to take care of yourself



WHY SELF-CARE?

Dear Go Hard Chick,

Self-care is not synonymous with self-indulgence or being selfish. Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish.

Self-care is an important part of our wellness journey. In recognizing this, I have created this Self-Care Planner to help you plan your daily and monthly self-care regimen.

Please read through this planner and use any and all sections that best serve you in your self-care journey.

Feel free to reach out to me if you have questions!



In health, Kristat

DAILY SELF-CARE

DATE -

Daily self-care

Today's quote -

Today I am grateful for

Today self-care looks like



Daily self-care checklist

- Get fresh air
- Move my body
- Drink water
- Positive self talk
- Stick to meal plan

Meal goals

breakfast -

lunch -

dinner -

protes

WEEKLY SELF-CARE

Week:	Quote:	:e:		
NOM	How I practiced self-care mentally:	How I practiced self-care physically:		
TUES	How I practiced self-care mentally:	How I practiced self-care physically:		
WED	How I practiced self-care mentally:	How I practiced self-care physically:		
THURS	How I practiced self-care mentally:	How I practiced self-care physically:		
ER	How I practiced self-care mentally:	How I practiced self-care physically:		
SAT	How I practiced self-care mentally:	How I practiced self-care physically:		
SUN	How I practiced self-care mentally:	How I practiced self-care physically:		

MONTHLY SELF-CARE

JAN FEB MARCH APRIL MAY JUNE JULY AUGUST SEPT OCT NOV DEC

Monthly summary

Affirmation for the month -	
Mental focus	Health & wellness focus
Top priorities	Worry less about
Self-care ideas	Improvement
Take a bath once a week	Work on 8 hours sleep
Sit in the sun with a good bo	ook 8 glasses of water a day
Meditate more often	Balanced meals

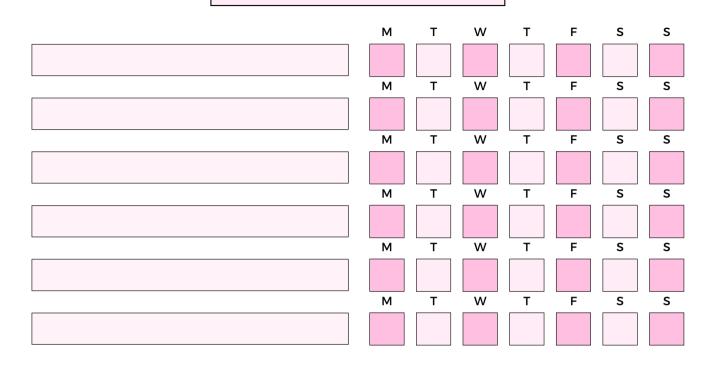
SELF-CARE FOCUS AREAS

8 CATEGORIES OF SELF-CARE

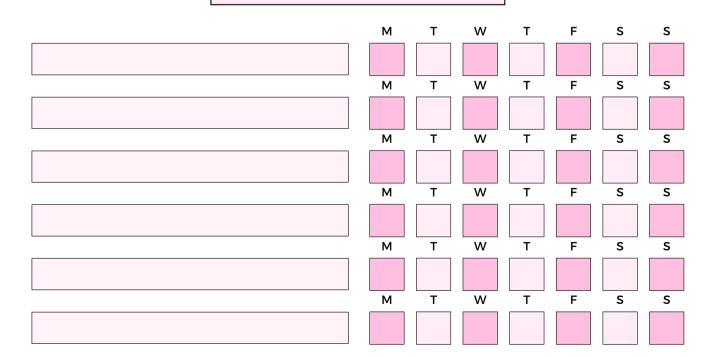
Physical	Psychological
Emotional	Social
Proffesional	Environmental
Spiritual	Financial

SELF-CARE ROUTINES

MORNING ROUTINE



EVENING ROUTINE



SELF-CARE ACTIONS LIST

MONTH -	66	
WEEK -	_	
MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	SATURDAY
SUNDAY	IMPORTAN	TNOTES

30-DAY SELF-CARE CHALLENGE

Self-improvement & self-love



SELF-CARE FOCUS

Date -	Main self-care focus -		
Start date -	End date -		
	Breakdown of main focus		
Small	er tasks to accomplish self-care focus goal		
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	Notes		

STRESS-FREE CHALLENGE

Start Here

Go through the challenge for the next 10 days to create a life that is a little more stress-free!

1

Take time to exercise and move your body today 2

Take a long walk outside in an environment that you love 3

Put together a supplement routine to support your body

<u>4</u>

Learn how to do some breathing exercises for any stress or tension 5

Keep a journal and take time to write your thoughts 6

Try essential oils and discover if they will benefit you or not 7

Take time to be creative. Create some kind of artwork today

8

Do yoga or meditate and see if it helps with your stress C

Take time to hug someone you love or have a good laugh with a friend 10

Take time to drink more water or herbal tea today

The End!

Well done on completing the stress-free challenge!

A LETTER TO ME

Dear	future	me

HOW TO WRITE A LETTER TO YOURSELF

Choose an age where you will be different from who you are now and write a letter to you in the future. Pick a date to open the letter. Chat about who you are now, your future goals, and your current beliefs and values.

QUESTIONS TO ANSWER

- 1 What goals do you have
- 2 How do you currently feel about your life
- 3 What are you looking forward to
- 4 What are your biggest dreams

5 MINUTES OF GRATITUDE

3 People I'm grateful for		What I love about my body
Something I have recent	tly ach	nieved and am proud of
		nered and an product
Something that r	made	me laugh today
2 things I'm looking forward to		What did I bring to the day

SELF-REFLECTION QUESTIONS

Share 4 things that you love about yourself?
What makes you feel strong and confident?
What's the best compliment you have received & why?
What does it feel like to be accepted and love unconditionally?

30-DAY CHALLENGE

Let's do this

30-DAY CHALLENGE TO A HEALTHY LIFESTYLE

Join the gym	Try out yoga	Read more
Run 5k	Meditate in nature	Take a phone break
Go for a long walk	Cut out alcohol	Walk barefoot outside
Drink water only	Drink more tea	Journal more
Make a healthy smoothie	Consume less caffeine	Have a cold shower
Go vegan for a week	Don't deprive yourself	Make your bed
Eat clean for a month	Practice gratitude	Take probiotics
Cut out sugar	Try something new	Try kombucha
Get enough sleep	Don't eat past 7pm	Use a facemask
Listen to your body	Get sunlight daily	Use clean products

SELF-CARE ACTIVITIES

MENTAL	PHYSICAL	EMOTIONAL
Take a day off from everything	Start a new outdoor hobby	Spend time with someone you love
Self-reflect with journal prompts	Join the gym and exercise	Watch a funny series or movie
Take a social media break	Drink enough water	Write down what you're grateful for
Go for a walk to clear your head	Get enough sleep at night	Write some text over here
Call an old friend and just talk	Eat a balanced diet daily	Talk positively to yourself
Read a book you enjoy	Stretch if you work at a desk	Connect to your inner child
Attend a social event you enjoy	Take a day off to pamper yourself	Figure out what triggers you

SELF-CARE QUIZ

INSTRUCTIONS

The self-care quiz looks at what your current self-care habits look like.

Answer yes, no, or sometimes. 2 points for yes, 1 point for sometimes and 0 points for no.

1 I'm up to date with regular health check-ups (dentist, GP, optician)	Yes	Sometimes	No
I stick to a healthy and balanced diet most of the time and do not overeat/undereat	Yes	Sometimes	No
3 I move my body regularly. Exercising more than 3 times a week and getting regular steps in	Yes	Sometimes	No
4 I keep my environment clean, tidy, and organized most of the time	Yes	Sometimes	No
5 I love where I live and my current environment is a place that I enjoy to be present in	Yes	Sometimes	No
6 I set healthy boundaries with people and don't feel guilty about it	Yes	Sometimes	No
$\overline{\mathbb{Z}}$ I feel loved and respected by the people in my life and have good friends	Yes	Sometimes	No
8 I regularly take time out to do something for myself that I enjoy	Yes	Sometimes	No
Write down your score and what you think you could work on to pract you learn anything that surprised you?	tice bett	er self-care. Dic	ł

99

YOU CAN'T POUR FROM AN EMPTY CUP. LOOK AFTER YOURSELF FIRST

66

love yourself

GO HARD CH CK

MAKE SURE YOU
ALWAYS LOOK AFTER
YOURSELF

LET'S GET SOCIAL

Listen to the Go Hard Chick Podcast!

Perfect for busy professionals, hard-working moms, and anyone who would like their fitness questions answered by a like-minded individual, Go Hard Chick is a health and fitness podcast for women. Equal parts inspiration and information, the podcast covers topics from weight management to diet to motherhood. Host Kristal Holmes brings a level of intensity to everything she does, from her fitness regime to her work as an attorney, earning her the nickname 'the Go Hard Chick'. On the podcast, the self-proclaimed fitness junkie motivates other women to live healthier, fuller lives through wellness and exercise.

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