



## The 21-Day Self-Care Guide

This daily guide is a good start to helping you become more aware of your habits around your self care and to begin to shift those habits for a healthier you and healthier mindset.

### THE DAILY TASKS

#### Day 1:

Make a list of the things that make you happiest. Try to think of the things you used to love when you were younger. Or the things you wish you had more time for. Do you love to write? To play the guitar? Once you make a list of these items, you'll have a go-to action plan during days you feel sad or alone.

#### Day 2:

Create a DREAM BOARD! You can do this a few different ways.

1. A physical dream board with pictures you have, print off, or pictures cut out from a magazine to make a collage. This can be assembled on the fridge with magnets or taped onto a canvas board etc.
2. An online dream board. You can do this using GIMP which is a free software or using Oprah's O Dreamboard program or Canva.

(<http://www.oprah.com/.../Create-Your-Own-Poem-O-Dream-Board-P...>).

However you make the dreamboard, post it in a place you'll see it every day. Often, our dreams don't become reality until we get very clear about what we want.

### **Day 3:**

Find an inspirational quote/saying that you love, write it on a post it and put it somewhere you can see it daily. SHARE the quote on your social media platforms to encourage others and make your dream feel closer to reality. Want to see what others had to say? Use the hashtag #21daySCG and go check out the others.

### **Day 4:**

Create your inspirational music play list.

Whether it's for working out, maybe it's for meditation or maybe it's to change your mood from not-so-great to better! When this happens, I hit "play" on my playlist. These are songs I picked that really get my blood pumping or make me calm. My brain, over time, connects the song with the emotion I want to feel and then in turn, starts to feel that way.

### **Day 5:**

Write down all of your meals and snacks. Often, what we're eating has a huge impact on our mental health but we don't realize it unless we take stock of what we're eating.

### **Day 6:**

Pick a word! It's incredible what we can do with our bodies when we first do it with our minds. Words are so powerful! When you need to convince yourself that you can do something, you sometimes just need to tell yourself you can. Pick a word that represents what you want to be able to do. If I'm doubting myself, my word might be TRUST. If I'm being negative and am not finding joy in my life, my word might be FUN.

Every time you doubt yourself, really focus on this word.

**Day 7:**

Share on social media someone who has inspired you to stay dedicated- it can be anyone in your life, famous or not. Want to see what others had to say? Use the hashtag #21daySCG and go check out the others.

**Day 8:**

Pay it forward!! Do a random act of kindness for someone.

**Day 9:**

Today I want you to create a “dream jar.” Write down everything you want to achieve and put it in a jar or a box. Each day, pull out one piece of paper, set a timer on your phone for two minutes and really immerse yourself in mentally walking through your dream coming true.

**Day 10:**

Pick a personal development book that sounds like it might speak to you and spend the first 10 minutes of every morning reading. Great books include, *You Are A Badass*, *The Universe Has Your Back*, and others.

**Day 11:**

Write your goals again! Every time we write down our goals, we become more immersed in them. Today, I want you to write goals. Yes, this is a lot like #1 and the dream board, and the dream jar. You need to constantly be bringing this to your mind for the Law of Attraction to work.

**Day 12:**

Pick one person today and give them a sincere compliment. See how it made them light up and how that made YOU feel to make them feel good. I especially like to compliment strangers. You have no idea who is putting them down each day.

**Day 13:**

If money was not an issue..... what would you buy/do to improve or add to your life? Write it down and then write down what you could do to start saving for it. You need to start thinking of yourself and your future as an investment that matters. Changing your mindset to “I will” instead of “I can’t” will go a long way in helping you get there.

**Day 14:**

INVEST in something today that is going to help you get better. Whether that be supplements, workout gear, a journal, workout attire, essential oils, healthy food or something motivational, it doesn't matter. Investing helps you commit on a deeper level.

**Day 15:**

What are your priorities? Name your TOP 3 PRIORITIES for YOU in your life right now. Write them down.

**Day 16:**

Make a list of everything you do today. Every little thing. "I did the dishes, wiped the counters, I did ten phone calls with clients for work, I changed 5 diapers today." EVERYTHING. Now take stock of what you did at the end of the day. How much was necessary? What got you closer to your dreams? What could you cut out? When I'm writing a book, I have make it a priority to write in that book every. single. day. When I write down what I do each day, I realize there are things that I could have cut out to make time for my book, but in the moment, I didn't realize that.

**Day 17:**

Watch this video!

<http://www.youtube.com/watch?v=5XIGu3Kxg2I&feature=youtu.be>

**Day 18:**

Do a digital detox. Unsubscribe from all of those unwanted emails. Organize the pictures and apps on your phone. Clean out your inbox on your email.

And then, go on social media and unfriend all of the people who are toxic in your life that you NEED to remove to be happy.

**Day 19:**

Do a social media detox. You don't have to unfriend all of those people who appear to be living luxurious lives, but you don't have to see all of their posts either! Simply hit "unfollow." A recent study said that Instagram is the worst social media platform for your mental health because we compare our lives to the faux lives of those posts. Stop doing this to yourself. Just stop seeing those posts.

**Day 20:**

Have an electronic-free evening with family/friends. Invest in your real time relationships. If you are single and family and friends are not nearby, go to post #1 and do something on that list!

**Day 21:**

Let's sum up the month - how you feel, goals, victories, things you need to work on etc. And then celebrate! You made it to the end of our mini challenge! Treat yourself to something today- a new item of clothing, a pedicure, a new gadget or accessory or a small treat! Did you like this challenge? Please reach out to me and let me know!

A handwritten signature in black ink that reads "Elizabeth Audrey". The signature is written in a cursive style with a horizontal line underneath the name.

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