My Self-Care Menu

MPower

You can't function with a depleted battery, and you weren't built to run on empty. Take a moment to ask yourself what self-care really looks like in your world. Not the version that's 'nice in theory', but what's practical, doable, and genuinely restores your energy. Craft a personal toolkit of small, powerful rituals and actions that nourish your mind, body, and spirit so you're not just getting through the week, you're thriving in it.

PROMPTS

1. What helps you slow down and breathe a little easier?
2. What rituals or activities leave you feeling strong, clear, and energised?
3. What makes your heart sing and brings you joy?

MIND - 10 MINUTES

BODY - 10 MINUTES

SOUL - 10 MINUTES

MIND - 30 MINUTES

BODY - 30 MINUTES

SOUL - 30 MINUTES

MIND - 60 MINUTES

BODY - 60 MINUTES

SOUL - 60 MINUTES

NOTES / RESOURCES