



# — PURE —

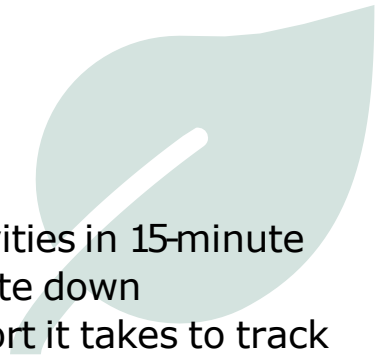
Whole-Food & Plant-Based Support



Workbook

Module Ten

# Self-Care – Day 1



Use these tables to keep track of your activities in 15-minute increments over three days. Be sure to write down everything you do – it will be worth the effort it takes to track this closely!!

TIME	ACTIVITY
5:00 AM	
5:15 AM	
5:30 AM	
5:45 AM	
6:00 AM	
6:15 AM	
6:45 AM	
7:00 AM	
7:15 AM	
7:30 AM	
7:45 AM	
8:00 AM	
8:15 AM	
8:30 AM	
8:45 AM	
9:00 AM	
9:15 AM	
9:30 AM	

# Self-Care



TIME	ACTIVITY
9:45 AM	
10:00 AM	
10:15 AM	
10:30 AM	
10:45 AM	
11:00 AM	
11:15 AM	
11:30 AM	
11:45 AM	
NOON	
12:15 PM	
12:30 PM	
12:45 PM	
1:00 PM	
1:15 PM	
1:30 PM	
1:45 PM	
2:00 PM	
2:15 PM	
2:30 PM	
2:45 PM	

# Self-Care



TIME	ACTIVITY
3:00 PM	
3:15 PM	
3:30 PM	
3:45 PM	
4:00 PM	
4:15 PM	
4:30 PM	
4:45 PM	
5:00 PM	
5:15 PM	
5:30 PM	
5:45 PM	
6:00 PM	
6:15 PM	
6:30 PM	
6:45 PM	
7:00 PM	
7:15 PM	
7:30 PM	
7:45 PM	
8:00 PM	

# Self-Care



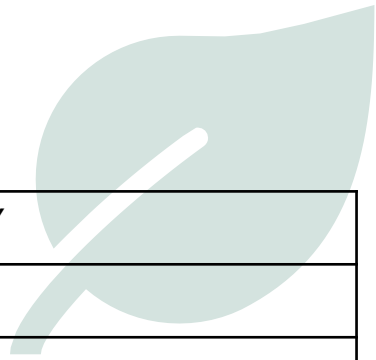
TIME	ACTIVITY
8:15 PM	
8:30 PM	
8:45 PM	
9:00 PM	
9:15 PM	
9:30 PM	
9:45 PM	
10:00 PM	
10:15 PM	
10:30 PM	
10:45 PM	
11:00 PM	
11:15 PM	
11:30 PM	
11:45 PM	
MIDNIGHT	

## Self-Care – Day 2



TIME	ACTIVITY
5:00 AM	
5:15 AM	
5:30 AM	
5:45 AM	
6:00 AM	
6:15 AM	
6:30 AM	
6:45 AM	
7:00 AM	
7:15 AM	
7:30 AM	
7:45 AM	
8:00 AM	
8:15 AM	
8:30 AM	
8:45 AM	
9:00 AM	
9:15 AM	
9:30 AM	
9:45 AM	
10:00 AM	

## Self-Care – Day 2



TIME	ACTIVITY
10:15 AM	
10:30 AM	
10:45 AM	
11:00 AM	
11:15 AM	
11:30 AM	
11:45 AM	
NOON	
12:15 PM	
12:30 PM	
12:45 PM	
1:00 pm	
1:15 PM	
1:30 PM	
1:45 PM	
2:00 PM	
2:15 PM	
2:30 PM	
2:45 PM	
3:00 PM	
3:15 PM	

## Self-Care – Day 2



TIME	ACTIVITY
3:30 PM	
3:45 PM	
4:00 PM	
4:15 PM	
4:30 PM	
4:45 PM	
5:00 PM	
5:15 PM	
5:30 PM	
5:45 PM	
6:00 PM	
6:15 PM	
6:30 PM	
6:45 PM	
7:00 PM	
7:15 PM	
7:30 PM	
7:45 PM	
8:00 PM	
8:15 PM	
8:30 PM	



## Self-Care – Day 2



TIME	ACTIVITY
8:45 PM	
9:00 PM	
9:15 PM	
9:30 PM	
9:45 PM	
10:00 PM	
10:15 PM	
10:30 PM	
10:45 PM	
11:00 PM	
11:15 PM	
11:30 PM	
11:45 PM	
MIDNIGHT	

## Self-Care – Day 3



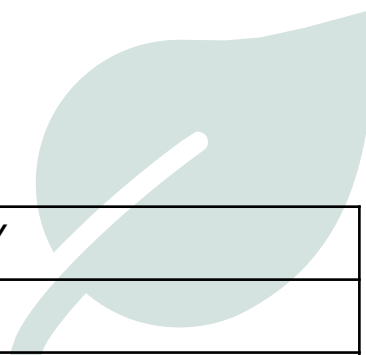
TIME	ACTIVITY
5:00 AM	
5:15 AM	
5:30 AM	
5:45 AM	
6:00 AM	
6:15 AM	
6:30 AM	
6:45 AM	
7:00 AM	
7:15 AM	
7:30 AM	
7:45 AM	
8:00 AM	
8:15 AM	
8:30 AM	
8:45 AM	
9:00 AM	
9:15 AM	
9:30 AM	
9:45 AM	
10:00 AM	

## Self-Care – Day 3



TIME	ACTIVITY
10:15 AM	
10:30 AM	
10:45 AM	
11:00 AM	
11:15 AM	
11:30 AM	
11:45 AM	
NOON	
12:15 PM	
12:30 PM	
12:45 PM	
1:00 pm	
1:15 PM	
1:30 PM	
1:45 PM	
2:00 PM	
2:15 PM	
2:30 PM	
2:45 PM	
3:00 PM	
3:15 PM	

## Self-Care – Day 3



TIME	ACTIVITY
3:30 PM	
3:45 PM	
4:00 PM	
4:15 PM	
4:30 PM	
4:45 PM	
5:00 PM	
5:15 PM	
5:30 PM	
5:45 PM	
6:00 PM	
6:15 PM	
6:30 PM	
6:45 PM	
7:00 PM	
7:15 PM	
7:30 PM	
7:45 PM	
8:00 PM	
8:15 PM	
8:30 PM	

## Self-Care – Day 3



TIME	ACTIVITY
8:45 PM	
9:00 PM	
9:15 PM	
9:30 PM	
9:45 PM	
10:00 PM	
10:15 PM	
10:30 PM	
10:45 PM	
11:00 PM	
11:15 PM	
11:30 PM	
11:45 PM	
MIDNIGHT	

# Self-Care



When your three days are up, go over your list and highlight the actions that were worthwhile.

- ☐ Circle the enjoyable and inspiring actions – keep these!
- ☐ Cross out the actions that were non-productive or self-destructive
- ☐ Add up the time spent on the non-productive and self-destructive over the three days and then divide that number of minutes by 3. This is the time EACH DAY that you can use for self-care without having to alter your productivity in the slightest.

# Self-Care



Now that you have found some extra time in your days, let's explore some of the things you would like to do. Ask yourself - what feeds your soul? What makes you feel better, stronger, and more energized? What helps to de-stress and relieves the burden of the day? List 10 items that fit these criteria:

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# Self-Care



Of these 10, what are two that you can commit to add to your schedule before the end of the week?

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Make sure to share your choices with your coach and online group if you have one!