



Self-Care Checklist for the Woman Entrepreneur

HI LADIES! THANK YOU SO MUCH FOR INVESTING YOUR TIME AND MONEY IN THIS AMAZING SELF-CARE CHECKLIST FOR WOMEN ENTREPRENEURS!

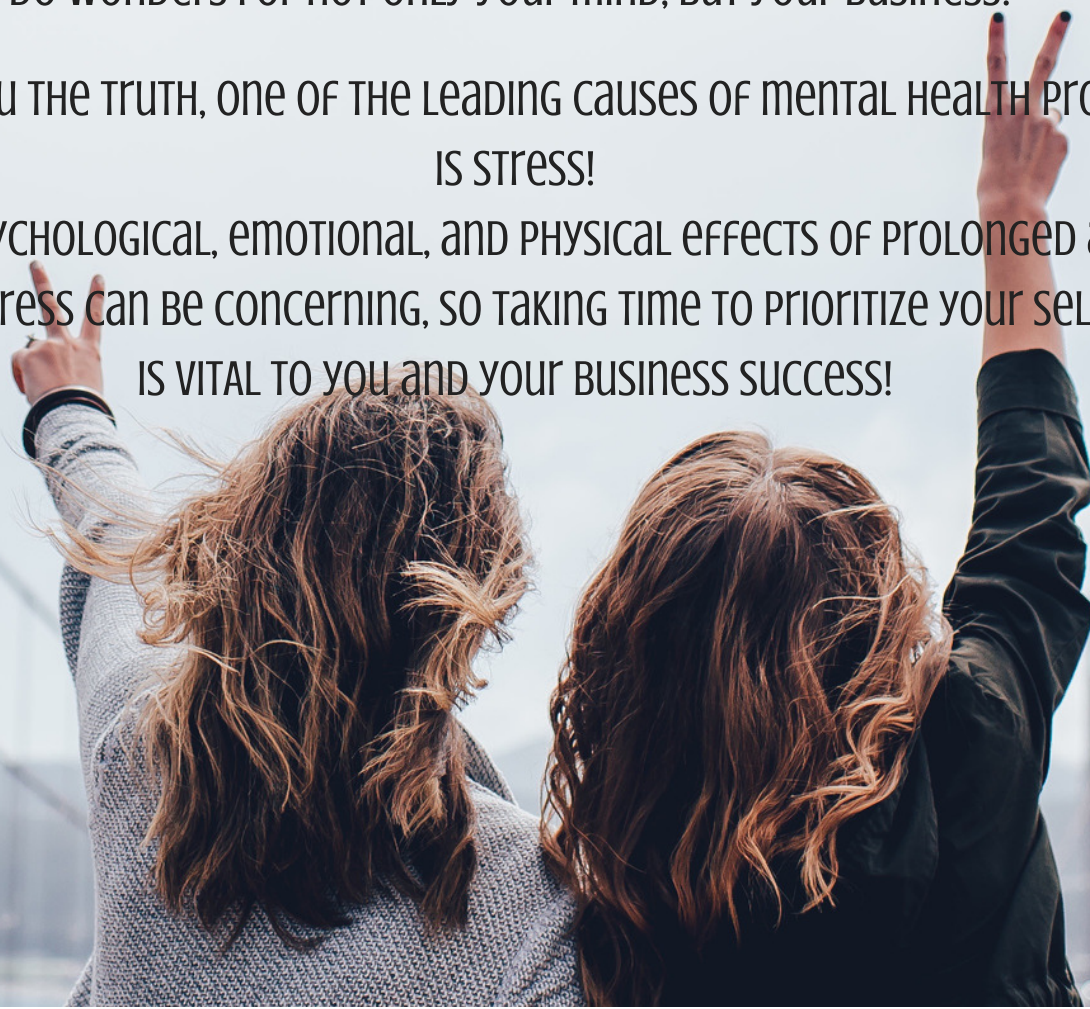
AS ENTREPRENEURS, WE INVEST A LOT OF OUR TIME INTO OUR BUSINESS AND CONNECTING WITH OTHER PEOPLE. IT IS TRULY ESSENTIAL FOR THE HARD WORKING ENTREPRENEUR (LIKE YOURSELF) TAKES TIME DAILY TO CARE FOR THE SELF!

THE IDEA THAT TAKING BREAKS AND PRACTICING SELF CARE ACTUALLY IMPROVES PRODUCTIVITY.

EVEN WHEN YOU'RE EXTREMELY BUSY, I SUGGEST JUST TAKING 10-15 MINUTES AWAY FROM YOUR WORK TO PRACTICING SOME STRETCHING, BREATHING, OR MEDITATION CAN DO WONDERS FOR NOT ONLY YOUR MIND, BUT YOUR BUSINESS!

TO TELL YOU THE TRUTH, ONE OF THE LEADING CAUSES OF MENTAL HEALTH PROBLEMS IS STRESS!

THE PSYCHOLOGICAL, EMOTIONAL, AND PHYSICAL EFFECTS OF PROLONGED AND SEVERE STRESS CAN BE CONCERNING, SO TAKING TIME TO PRIORITIZE YOUR SELF CARE IS VITAL TO YOU AND YOUR BUSINESS SUCCESS!





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SO YOU MAY WONDER, “HOW CAN I ADD MORE SELF CARE TO MY ROUTINE?”

YOU MAKE SURE THAT YOU SCHEDULE IT IN. WHEN YOU ACTUALLY SCHEDULE IT IN, MENTALLY, IT'S EASIER TO COMPLETE. THE MOST SUCCESSFUL ENTREPRENEURS SCHEDULE SELF-CARE INTO THEIR DAILY ROUTINES AS THEY WOULD ANY APPOINTMENT THAT THEY HAVE. FROM A 15-MINUTE MORNING MEDITATION BREAK TO A 20-MINUTE BEDTIME READING, DON'T WAIT UNTIL YOU HAVE THE TIME TO ENGAGE IN SELF-CARE, MAKE IT HAPPEN... SCHEDULE IT!

ANOTHER THING, DON'T WAIT UNTIL YOU'RE MOTIVATED TO DO IT. YOU WANT TO PLAN FOR SUCCESS BY HAVING A LIST OF YOUR FAVORITE SELF CARE ACTIVITIES ON HAND. RANGE YOUR LIST FROM SHORT, MEDIUM, TO LONG SO THAT YOU CAN CHOOSE DEPENDING ON HOW LONG YOU HAVE THAT DAY. EXAMPLES:

SHORT SELF-CARE IDEAS (10 MINUTES)-TEA, STRETCHING, GUIDED MEDITATION

MEDIUM SELF-CARE IDEAS (20-30 MINUTES)-SHORT WALKS, RELAXING BATHS, mani/pedi, reading

LONG SELF-CARE IDEAS (30 MINUTES +)-COFFEE/TEA WITH FRIENDS, LONG MEDITATION, YOGA, NAP, MASSAGE.





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START YOUR DAY OFF WITH A BANG!

WHEN THE ALARM GOES OFF, THE FIRST THING YOU SHOULD NOT DO IS CHECK YOUR PHONE. MAKE A RULE FOR YOURSELF TO NOT USE YOUR PHONE UNTIL YOU'VE DONE A 10-MINUTE MEDITATION IN THE MORNING. THIS IS SOMETHING THAT I IMPLEMENT INTO MY DAILY MORNING ROUTINE AND IT TRULY WORKS WONDERS. YOU CAN ALSO DO A THANKFUL AFFIRMATION CALL (OUTLOUD TO YOURSELF), RECITING THE 5 THINGS THAT YOU'RE THANKFUL FOR.

THE PLAN IS TO START YOUR DAY OFF WITH INTENT AND MINDFULNESS, BRINGING YOUR AWARENESS TO YOUR LIFE, YOUR PRESENT, AND YOU. YOUR MENTAL HEALTH MATTERS. YOU WANT TO BE THE BEST LEADER, EMPLOYER, FOUNDER, PARENT, OR PARTNER YOU CAN BE, WHICH MEANS TAKING THE TIME FOR YOURSELF.





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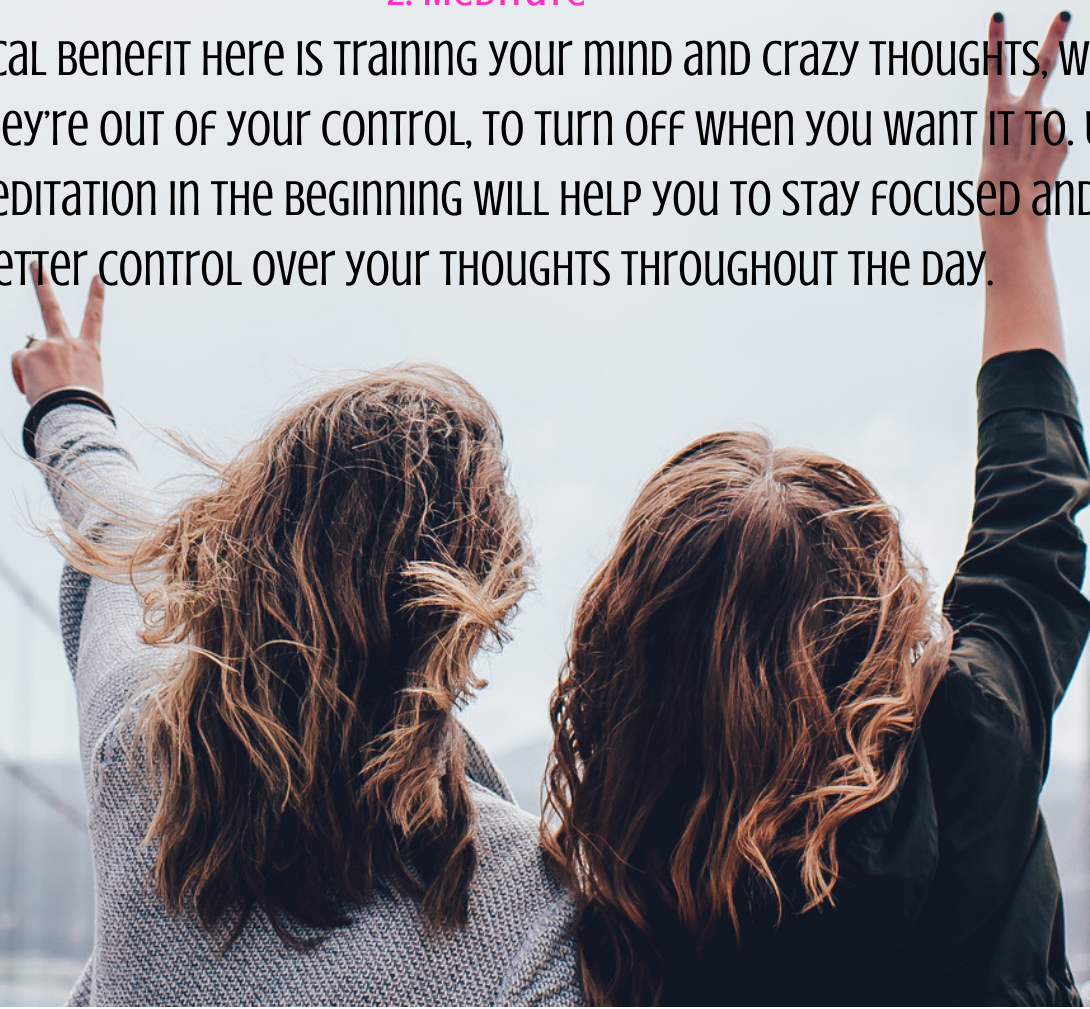
SO HERE'S TO THE SELF-CARE CHECKLIST 101! WHERE I PROVIDE YOU WITH STEPS TO ENGAGE AND FOCUS ON YOURSELF, BUILDING A BETTER YOU AND A BETTER BUSINESS FOR NOT ONLY YOURSELF, BUT YOUR CLIENTS/CUSTOMERS TOO!

1. SET YOUR MORNING ROUTINE

SETTING A MORNING ROUTINE WITH INTENT TO FOCUS ON YOURSELF, YOUR MIND AND YOUR BODY, WILL ALLOW FOR A BETTER DAY, MORE WILLINGNESS TO GET THINGS DONE AND FOCUS ON YOUR DAILY TASKS. SOMETHING I IMPLEMENT IS WAKING UP AT 5:15AM AND DRINKING A WARM CUP OF TEA THEN FOLLOWED BY MEDITATION. THIS GETS ME UP AND AWAKE IN THE MORNING AND HAVING MY MIND FOCUSED ON ME.

2. MEDITATE

THE PRACTICAL BENEFIT HERE IS TRAINING YOUR MIND AND CRAZY THOUGHTS, WHICH FEEL LIKE THEY'RE OUT OF YOUR CONTROL, TO TURN OFF WHEN YOU WANT IT TO. USING A GUIDED MEDITATION IN THE BEGINNING WILL HELP YOU TO STAY FOCUSED AND GAIN BETTER CONTROL OVER YOUR THOUGHTS THROUGHOUT THE DAY.





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3. JOURNALING

WRITING HELPS TO KEEP THE CREATIVE JUICES FLOWING AND ALLOWS FOR A THERAPEUTIC PROCESS TO HAPPEN THROUGHOUT YOUR DAY. YOUR MIND DOESN'T FEEL JUMBLED AND YOU'RE FREELY EXPRESSING YOUR FEELINGS AND EMOTIONS THAT WOULD USUALLY BE COOPED UP IN YOUR BRAIN ALL DAY.

4. CREATING AN EXERCISE HABIT

DOING SOME FORM OF PHYSICAL ACTIVITY, WHETHER IT BE WALKING, RUNNING, GOING TO THE GYM, YOGA OR CROSS FIT. DOING SOMETHING 2-3 TIMES A WEEK, PREFERABLY 3 WILL HELP YOU TREMENDOUSLY. YOUR BODY IS IMPORTANT, AND IT'S THE ONLY BODY YOU HAVE. BY MAKING TIME TO KEEP YOUR BODY ACTIVE, NOT ONLY DOES IT HELP TO CREATE MORE OXYGEN FLOW TO YOUR BRAIN, YOU'RE ABLE TO DO MORE WITH YOUR BUSINESS.





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5. GET ENOUGH HOURS OF SLEEP

I KNOW THIS MAY SOUND CLICHÉ, BUT IT'S TRULY IMPORTANT THAT YOU'RE GETTING ENOUGH SLEEP, AT LEAST 7 HOURS A NIGHT. IN ORDER FOR YOU TO FUNCTION IN A HEALTHY WAY, YOU HAVE TO RECHARGE YOUR BODY AND MIND SO THAT IT CAN RUN AND HELP YOU RUN YOUR BUSINESS.

6. SET PERSONAL AND BUSINESS BOUNDARIES

WRITE DOWN THE DO'S AND DON'T'S OF BOTH YOUR PERSONAL LIFE AND YOUR BUSINESS TO KEEP YOUR FROM COMMITTING TO THING YOU DON'T WANT TO COMMIT TO, PUTTING YOURSELF IN SITUATIONS THAT YOU REGRET, AND SAYING YES TO THE PEOPLE YOU DON'T WANT TO. THIS IS IN YOUR CONTROL AND IT'S IMPORTANT YOU HAVE AN OUTLINE AND STRATEGY IN HAND FOR WHEN THESE SITUATIONS COME UP.





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7. MAINTAIN RELATIONSHIPS WITH FRIENDS

YOU DON'T HAVE TO GO THE EXTRA EXTRA MILE BY GOING OUT TO DRINK OR MEETING UP ALL THE TIME (NOT SETTING PERSONAL BOUNDARIES AND COMMITTING TO THINGS YOU DON'T WANT TO) BUT AT LEAST KEEPING IN TOUCH, DEVELOPING A HABIT TO TALK TO SOMEONE AT LEAST EVERY WEEK. A REALLY COOL UNIQUE STRATEGY THAT I USE, IS CREATING A FRIEND NEWSLETTER, WHERE I SEND IT OUT EVERY MONTH, KEEPING MY FRIENDS UP TO DATE ON WHAT I AM DOING, WITHOUT IT TAKING TOO MUCH TIME OUT OF my week!

8. DEVELOP ONE OR TWO HOBBIES

THAT MEANS IF YOU CHOOSE TO CREATE A HOBBY OF GOING TO THE GYM (WHICH IS WHAT I'VE DONE) THEN YOU NEED TO PICK ANOTHER HOBBY SUCH AS GOING TO SEE A MOVIE EACH WEEK, READING, PAINTING CLASSES, SOMETHING THAT'S GOING TO KEEP YOU INTERESTED AND FOCUSED ON WHAT YOU LIKE TO DO.





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9. EAT HEALTHY

YES! THE DREADED ONE. BUT IN ORDER FOR YOUR BODY TO RUN OFF OF HIGH STRESS LEVELS OF BEING AN ENTREPRENEUR, YOU NEED TO MAKE SURE YOU'RE FUELING YOUR BODY WITH THE RIGHT NUTRIENTS, PROTEINS, AND ENERGY FOODS THAT WILL KEEP YOU GOING! TAKE SMALL STEPS TO CREATE A GOOD HEALTHY ROUTINE. BUT THE JUNK FOODS, COFFEES, AND CAFFEINE DRINKS ARE NOT GOING TO GIVE YOU THE RIGHT ENERGY THAT EATING HEALTHY FRUITS AND VEGGIES WILL! TRUST ME, AS AN ENTREPRENEUR MYSELF, I CHANGED MY EATING HABITS AND HAVE INCREASED MY LEVEL OF ENERGY AND MENTAL DRIVE BECAUSE MY BODY IS BEING FUELED WITH THE FOOD IT WANTS AND NEEDS.

10. KEEP YOUR ENVIRONMENT CLEAN.

THIS ELIMINATES YOU FROM BEING EASILY DISTRACTED. HAVING A CLEAN ENVIRONMENT WILL ALSO MAKE YOU FEEL GOOD, KNOWING YOU DON'T HAVE TO CONSTANTLY WORRY ABOUT TIME-CONSUMING CHORES. YOUR BRAIN HAS ONE LESS THING TO CONCENTRATE ON.





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SELF-CARE ACTIVITIES ARE PEPPERED THROUGHOUT THE DAY, ALLOWING FOR MENTAL, EMOTIONAL, AND PHYSICAL STRESS RELEASE. BUT IT IS ALSO IMPORTANT TO ALLOW FOR ONE BIGGER SELF-CARE INDULGENCE EACH WEEK. IT'S SO IMPORTANT THAT YOU PRIORITIZE YOURSELF, YOUR WORTH, AND YOUR NEEDS DAILY! SO THAT YOU CAN RUN A SUCCESSFUL BUSINESS. I HOPE THAT THIS HELPED! REMEMBER A HEALTHY AND CALM BUSINESS OWNER IS BETTER THAN A CRAZY STRESSED OUT ONE! BY TAKING CARE OF YOURSELF, YOU WILL SEE THE RETURN IN NOT ONLY YOU BUT ALSO YOUR BUSINESS!

THANK YOU! TAKE CARE OF YOURSELF!

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