



Overwhelmed, Overburdened, Resentful, and Exhausted?

Thriving in A Messy World

Caring for your **whole** self is essential to your overall well-being, mental health, and life satisfaction? What does it look like to self-care in all areas of your life...? **Mind, Body, and Spirit**

First, take 30 seconds to write down the stressors or worries in your life today?

Next, consider what's missing In the 3 areas of your life by asking, **“What do I need today “** in each area

My Emotional Needs Examples: I need to.....talk kinder to myself, say “no” more and say “yes” to things that matter, be more aware of my negative thoughts and reframe, spend more time with positive people, limit my time watching and listening to negative news and social media, make decisions based on what I feel is right for me, not others expectations

My Physical Needs Examples: I need to..... eat healthier food, rest, play more, daily exercise, take a long walk, take a day or week off from work, get outside more

My Spiritual Needs Examples: I need to.....make a list daily of what I am grateful for, rely on and ask for help from God, find more purpose and meaning, create more peace, meditate daily, make some positive changes in my life

Finally, what action steps can you take today to better care for yourself?



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