



FEMME SPIRIT COACHING

Sacred Self-Care Daily Checklist

Amplify your radiance with daily inspired self-care!

HOW TO *use this checklist*

How you care for yourself determines the level of radiance you bring to every part of your life. That is why self-care is so sacred! Use these simple checklists to make sure your self-care is well-rounded, inspired and joyful- every single day!

This packet includes a sample daily checklist that provides you with self-care ideas that are grouped together to target your physical, emotional/ mental, and spiritual well-being.

It also includes a section specifically dedicated to the self-care that will bring you joy; this is where you should include the luxuriant, creative, or playful self-care that brings out your unique radiance and lights you up!

There are many examples listed but you don't need to do everything! Self-care shouldn't feel overwhelming. These are some ideas, but feel free to get creative and add some of your own! I recommend picking 2-4 things total to do each day, making sure you hit all 4 areas/lists throughout your week!

In addition to tracking your daily self-care, make sure to write down your feelings for that day and reflect on how your sacred self-care changed or boosted your mood, energy, or outlook for the day. Bringing awareness to your self-care practices and how they make you feel will help you turn them into habits.

Hello!

My name is Cheyenne,

I am the creator and coach at Femme Spirit Coaching, and what I've learned is that self-care isn't just a buzzword, it is a valuable practice that creates a powerful container for healing and transformation. That is why it is a foundational pillar in my coaching program.

A few years ago stress and anxiety were taking a big toll on my health, energy and body. I was pushing my way through my workday with zero energy to spare, developing food allergies and digestive distress, and generally neglecting my mental and emotional needs... Something *had* to change!

As a result I started paying closer attention to how I could manage my stress and that's when I discovered the sacred power of intentional self-care. Practicing self-care developed into a journey to deeper self-love, healing, and greater spiritual connection as well!

Despite the life-altering power of daily self-care, I find that if I don't keep myself accountable to making it a priority, I will neglect it...which is why I made this checklist!

I now guide other heart-centered changemakers to create transformation in their lives through personal coaching focused on sacred self-care, inner healing work, and the power of the Divine Feminine.

If you're seeking more self-care tools and guidance please visit my website at www.myfemmespirit.com to learn more or book a free Femme-Powerment coaching session!



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SACRED SELF-CARE

SAMPLE CHECKLIST

PHYSICAL SELF-CARE

- *morning jog to the park*
- *tried a new smoothie recipe*
- *prepped my lunch meals*
- *drank detox tea or did oil pulling*
- *got a massage*
- *stretched for 10 minutes*
- *evening yoga*
- *tracked meals in food journal*

EMOTIONAL & MENTAL SELF-CARE

- *added to gratitude list*
- *practiced mindful breathing*
- *listened to a motivational book/podcast*
- *scheduled my week in planner*
- *took time to declutter my room*
- *journalled before bed*

SPIRITUAL SELF-CARE

- *morning meditation*
- *drew a guiding oracle/ tarot card*
- *prayed for guidance with _____*
- *attended a healing circle*
- *practiced self-love affirmations*
- *read spiritual literature*
- *volunteered to help others*
- *did a guided chakra meditation*

ENJOYMENT SELF-CARE

- *Baked a pie*
- *Self-manicure*
- *collaged a vision board*
- *wrote a poem*
- *got tea/coffee with a friend*
- *wrote a letter to an old friend*
- *practiced guitar*
- *went salsa dancing*
- *read my favorite novel*

HOW DID I FEEL TODAY?

- *Woke up anxious but felt more centered after meditating for 5 minutes*
- *Felt lonely and started to binge on sweets, but felt better after I wrote in my food journal and took a walk*
- *Felt happy and inspired after catching up over coffee with _____! Wrote in gratitude journal afterward*
- *Was super lethargic after lunch but felt revived after stretching in the park*
- *Felt calm & happy & treated myself to a self-manicure & my favorite show!*

YOUR UNIQUE *daily checklists*

The following blank checklists are yours to use daily! Feel free to print them out to tack on your bulletin board or fill them out daily on your computer.

You can use the suggestions from the sample checklist or create your own! Get creative with your self-care ideas! Once you start listing and practicing these sacred self-care techniques, you'll realize just how many things you can do to fill your cup!

Cheers to your self-care journey and your beautiful sacred self!

XoXo,

Cheyenne

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SACRED SELF-CARE DAILY CHECKLIST (DAY 1)

PHYSICAL SELF-CARE

EMOTIONAL SELF-CARE

SPIRITUAL SELF-CARE

ENJOYMENT SELF-CARE

HOW DID I FEEL TODAY?

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SACRED SELF-CARE DAILY CHECKLIST (DAY 2)

PHYSICAL SELF-CARE

EMOTIONAL SELF-CARE

SPIRITUAL SELF-CARE

ENJOYMENT SELF-CARE

HOW DID I FEEL TODAY?

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SACRED SELF-CARE DAILY CHECKLIST (DAY 3)

PHYSICAL SELF-CARE

EMOTIONAL SELF-CARE

SPIRITUAL SELF-CARE

ENJOYMENT SELF-CARE

HOW DID I FEEL TODAY?

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SACRED SELF-CARE DAILY CHECKLIST (DAY 4)

PHYSICAL SELF-CARE

EMOTIONAL SELF-CARE

SPIRITUAL SELF-CARE

ENJOYMENT SELF-CARE

HOW DID I FEEL TODAY?

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SACRED SELF-CARE DAILY CHECKLIST (DAY 5)

PHYSICAL SELF-CARE

EMOTIONAL SELF-CARE

SPIRITUAL SELF-CARE

ENJOYMENT SELF-CARE

HOW DID I FEEL TODAY?

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SACRED SELF-CARE DAILY CHECKLIST (DAY 6)

PHYSICAL SELF-CARE

EMOTIONAL SELF-CARE

SPIRITUAL SELF-CARE

ENJOYMENT SELF-CARE

HOW DID I FEEL TODAY?

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SACRED SELF-CARE DAILY CHECKLIST (DAY 7)

PHYSICAL SELF-CARE

EMOTIONAL SELF-CARE

SPIRITUAL SELF-CARE

ENJOYMENT SELF-CARE

HOW DID I FEEL TODAY?

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SACRED SELF-CARE WEEK IN REVIEW

USE THIS SPACE TO REFLECT ON YOUR SELF-CARE PRACTICES
FOR THE WEEK:

- DID I DO WELL IN HOLDING MY SELF-CARE AS SACRED THIS WEEK?
- HOW COULD I IMPROVE? IN WHAT AREAS?
- WHAT IS MY SACRED SELF-CARE GOAL FOR NEXT WEEK?