

FEMME SPIRIT COACHING

Sacred Self-Care Daily Checklist

Pandemic Edition

Amplify your radiance with daily inspired self-care!



sacred self-care

IN THE TIME OF COVID-19

These are unprecedented and uncertain times. The outbreak of coronavirus and the resulting business closures, quarantine requirements, and social distancing are major changes that we're all learning to deal with. Some level of anxiety and fear has touched most of us. That is why there is no time like the present, to make self-care a priority and a sacred practice!

Self-care is often pushed to the side because people believe they don't have the time or they have too many responsibilities that must come first. Well for many of us who are now working from home, no longer engaging in social outings, and spending a lot of time in our own company, quarantine can be an opportunity to take advantage of this major slow -down.*

In fact, getting more comfortable with rest, relaxation, and the unknown are all integral to embracing the emerging divine feminine within us all (see my [IG page](#) for more info on that). This is a time to focus on self-care and make it a sacred priority that will last well beyond self-quarantine so it can help us stay centered through the ups and downs that are inherent to every day life.

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 daily checklists to make sure your self-care is well-rounded, inspired and joyful- every single day!

* thank you medical professionals, first responders, grocery stores clerks and everyone working out in society-
YOU ARE APPRECIATED!

Use this Resource to Focus on You

I revamped this daily checklist to provide self-care ideas that are appropriate during this time of self-isolation and social distancing. Use it as a tool to help you feel nourished, calm, and cared for while we ride this wave of change.

This packet includes a sample daily checklist that provides you with self-care ideas that should be feasible during this time. They are grouped together to target your physical, emotional/ mental, and spiritual well-being. I recommend picking 2-5 things to do each day, making sure you hit all 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 that will serve you during this unique time AND afterward, as we adapt to the continued changes.

My name is Cheyenne,

I am the creator and coach at Femme Spirit Coaching, and what I've learned through my personal healing journey 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.

I guide 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, guidance or personal coaching please visit my website at www.myfemmespirit.com to learn more or book a free Femme-Powerment Roadmap coaching session!



sacred self-care ideas

(fit for quarantine, self-isolation, & social distancing)

Physical Self-Care

- greet the day with a jog/walk/or yoga
- include greens with every meal
- prepare an at-home immunity booster*
- do a YouTube workout video
- create a list of fun alternatives to boredom eating
- experiment with makeup tricks, nail art, or new cloths combos
- have a dance party (solo, roommate, or family style)
- try out a new healthy recipe
- create a workout accountability zoom group (do workout challenges)
- practice self-massage*
- make your bathroom into a spa
- seek contact with sunshine and plants every day

Mental & Emotional Self-Care

- practice mindful breathing (try several cycles of inhaling for 4, holding for 4, exhaling for 8)
- keep a daily diary to look back on
- declutter, reorganize or do some deep cleaning
- try some creative writing prompts
- use old magazines to collage a vision board
- take up an old creative hobby
- write a letter to a friend or family member - send it snail mail
- pick up that book you never finished
- schedule a zoom date with a friend
- listen to a feel-good podcast
- make a scrapbook or photo album
- keep a daily gratitude list

Spiritual Self-Care

- meditate every day/do postive affirmations
- attend an online healing circle
- pull an oracle or tarot card/download a tarot app
- read spiritual literature*
- connect with Universal support through daily prayer
- research goddesses of various spiritual traditions
- create your own moon, abundance, or manifestation ritual

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SACRED SELF-CARE

SAMPLE DAILY CHECKLIST

PHYSICAL SELF-CARE

- *did an online yoga video + crunches*

EMOTIONAL & MENTAL SELF-CARE

- *reorganized my closet*
- *journalled*
- *talked to _____ on the phone*

SPIRITUAL SELF-CARE

- *morning meditation*
- *read more of A New Earth*

CREATIVE SELF-CARE

- *started my post-quarantine vision board!*

HOW DID I FEEL TODAY?

- *Woke up anxious but felt more centered after meditating for 10 minutes*
- *Felt lonely and started to binge on sweets, but felt better after I wrote in my food journal and talked to _____*
- *Felt happy and inspired after cutting out pictures for my vision board*

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!

WE ARE IN THIS TOGETHER!

With light and love,

Cheyenne

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SACRED SELF-CARE DAILY CHECKLIST (DAY 1)

PHYSICAL SELF-CARE

EMOTIONAL SELF-CARE

SPIRITUAL SELF-CARE

CREATIVE 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

CREATIVE 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

CREATIVE 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

CREATIVE 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

CREATIVE 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

CREATIVE 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

CREATIVE 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:

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

Resources

*Homemade immunity booster recipe
([click here](#))

*Try these self-massage techniques!
([click here](#))

*Spiritual Literature Reading List (just a handful of recommendations):

- A New Earth by Eckhart Tolle
- The Power of Now by Eckhart Tolle
- The Universe Has Your Back by Gabrielle Bernstein
- Siddhartha by Hermann Hesse
- Rise Sister Rise by Rebecca Campbell
- Light is the New Black by Rebecca Campbell
- Material Girl, Mystical World by Ruby Warrington
- The Alchemist by Paulo Coelho
- Autobiography of A Yogi by Paramahansa Yogananda
- You Can Heal Your Life by Louise Hay
- Reinventing the Body, Resurrecting the Soul by Deepak Chopra
- The Mastery of Love by Miguel Ruiz
- The Four Agreements by Miguel Ruiz
- Living Buddha, Living Christ by Thich Nhat Hanh
- The Untethered Soul by Michael A. Singer
- Be Here Now by Ram Dass