

CREATING YOUR

Self-Care *Menu*

with **Christine Fiorini**
FOR THE LOVE OF C



1. On a piece of paper or in your journal, write down your answers to the following questions:

- What activities feel nourishing for me (ie. activities that make me feel fuller, more whole, more like myself)?
- Which activities bring me joy?
- What activities do I find fun?
- What did I enjoy as a child?
- What passions of mine need more of my attention?

2. Using your answers, create an eye-appealing final list of your self-care activities to display somewhere visible

- Your list can be handwritten, typed and printed out, a digital photo, etc.
- Hang up your menu in a place you'll see it often (i.e. beside your bed, on the fridge, as your phone background, etc.).

For example, this is my Self-Care Menu that hangs next to my bed:



When I complete an activity, I "check it off" with a paper clip as a way to celebrate what I have done!

3. Using your menu

When it's time for you to rest and replenish, refer to your Self-Care Menu for activities that you can engage in.

Pssst... you can use your menu to build your morning and evening routines as well!