

# *Self-Care Spark*

A stylized, layered leaf graphic in shades of purple and red, positioned centrally on the page. The background features a soft-focus image of white cherry blossoms.

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# Self-Care Spark

As a Thriving Leader, you know how vital self-care and soul-care is to nourishing, nurturing and sustaining your personal and professional well-being and wisdom.



Just because you know this though, doesn't mean you always practice. Life happens, work gets busy, families and responsibilities grow. It's often easy to let go of what we know is right for us when the pressure is on.

No matter the circumstances of your life and work, what's most important is that you *always* remember to tend to yourself first — to come home to yourself. To practice consistent self-care and soul-care *your own way*.

And when you find yourself off path or out of practice, which you will because you're human like everybody else, that you make your way consciously and caringly back to you.

## **Why is self-care for a Thriving Leader so important?**

Because the extent to which you are caring for (and thus leading) yourself well is the extent to which you are caring for (and thus leading) "others" in your life well. (It's like the airlines tell you, put *your* oxygen mask on first.)

**YOU are the most important resource you have over all else. YOU are a Thriving Leader. It starts with you.**

How you care for yourself (or not) impacts not only your own well-being, influence and impact as a leader, it impacts *all* of your personal and professional relationships too. The better care you take of yourself, the more effective, powerful and thriving of a leader (and parent, partner and peer) you will be.

**The good news is, there is no "one-way" to practice Self-Care. There is only your way.** (What a relief!)

Your idea of self-care might be creating time to read a "non work" related book. You might gain great energy from a heart-pumping run (or hike, ride, swim, surf, snorkel, sail,...) in the great outdoors on your own, or with a group of like hearted souls. You might take your lunch break outside where you can be in nature while savoring a nutritious and tasty meal. You might pamper your mind, body and soul with regular yoga, meditation, good nutrition, exercise, massage, fun classes, Ted Talks, and quality time with yourself and with loved ones. You might volunteer at your local people or animal shelter, or volunteer your gifts and services to another organization in need...and you might do a



little of all of the above (and more) at any given point and time in your life.

Whatever form your self-care practice takes is entirely up to you. Your practice, like you, will evolve and change as you grow.

**Your job, as a Thriving Leader, is to take *really* good care of yourself - for a lifetime. To tend to your mind, body, and spirit in a way that refuels, replenishes, refreshes, and energizes *YOU*.**

So take a moment now and use these questions (and page 7) to check in on the current state of your own self-care. You might find you are taking super good care of yourself. Great! You might find there is room to grow. Use these questions to help spark new growth in your practice, whether adding some new TLC ideas to an already robust practice, or creating one anew. And then let the THRIVING begin!

**1) Am I getting adequate sleep?**

*I feel rested and restored. I am being and performing at my very best.*

What one new TLC idea or habit (ex: in bed at x hour; unplug from tech at x hour; no caffeine after x hour; avoid alcohol and heavy meals right before bed; buy a new mattress; negotiate sleep strategies with my partner) will I practice in the next 3 weeks?

**2) Am I getting adequate movement and exercise?**

*I'm feeling good in, connected with, and using this beautiful body of mine to experience, express, explore and enjoy a rich, long and healthy life.*

What one new TLC idea or habit (ex: schedule exercise in my calendar; buddy-up with a friend; walk at lunch; count/track steps; join a gym; hire a trainer; do squats at home; sign up for a new class or fun activity) will I practice in the next 3 weeks?

**3) Am I nourishing myself with healthy whole foods and drinking plenty of water?**

*I'm nourishing and nurturing my body from the inside out and feel energy-full and alive.*

What one new TLC idea or habit (ex: bring a glass or steel canteen to work; plan and prep weekly meals; eat breakfast; pack a lunch; eat no processed sugar; eat more greens, fruits, and other whole organic foods; work with a nutritionist; clean out cupboards (and office desk) of all processed packaged foods and snacks; bring healthy options like nuts and fruit to work / when traveling; make healthy choices when eating out) will I practice in the next 3 weeks?

**4) Do I take time for reflection, meditation, gratitude and other awareness building activities?**

*I clear my mind and energy regularly and grow in my awareness. I live and lead my life in grounded, present and deeply soul aligned way*

*Your practice, like you,  
will evolve and change  
as you grow.*

What one new TLC idea or habit (ex: meditation; practice gratitude; prayer; journaling; reading and reflection; breathing breaks; practice presence; sit in the sun; go on retreat; work with my coach; cultivate my Soul Cycle; ...) will I practice in the next 3 weeks?

**5) Do I tend to my medical needs – preventative and needed?**

*I'm partnering with the right "aligned" care providers and tending to my overall health and wellbeing. I am cultivating a long, pain and illness free life.*

What one new TLC idea or habit (ex: schedule all of my preventative check-ups: annual physical, dental, mammogram, colonoscopy...); find a naturopath, osteopath, therapist, or other healthcare provider specific to my needs; get referrals; obtain, review or renew insurance coverage) will I practice in the next 3 weeks?

**6) Am I engaged in a hobby or activity that sparks my creative essence and stimulates my soul?**

*I am actively engaging in hobbies that make my heart and soul sing.*

What one new TLC idea or habit (ex: follow up on that nigggle I've had to try something new; do an activity that made me happy as a kid; pick up that guitar or XYZ I put aside when work & life got busy; try a new creative class; cook a "gourmet" meal; host a dinner party; plant a seed or veggie garden; sing in the shower; join a running group; take pictures in nature) will I practice in the next 3 weeks?

**7) Am I enjoying regular time with and in nature?**

*I'm engaging in activities that help me connect with and be in nature. I am*

*reducing my stress, boosting my energy, improving my brain's functioning and enhancing my overall health, vitality and happiness.*

What one new TLC idea or habit (ex: take nature breaks; spend quality time being present with a pet; garden; take a forest bath; hike or run a local trail; swim in the ocean; walk barefoot in the grass; go camping (or glamping); view photographs of nature (Nature Nuggets); have artwork featuring nature in my home, in my office, on my tech device's (phone, tablet, desktop, laptop,...) background pic; put fresh flowers or a plant on my desk; savor (without any distractions) a delicious whole food meal) will I practice in the next 3 weeks.

**8) Do I know how and when to unplug from technology?**

*I'm connecting with and exploring the pleasures of the real world (vs the cyber world). I feel focused, free, spacious and clear in mind, body, heart and soul.*



What one new TLC idea or habit (ex: take regular techno sabbaths (hint - make sure I have self care activities planned to help resist the tech urge); take mini-tech breaks during my day; share a meal with friends without checking my phone (and encourage my friends to do the same); ban the use of all technology during family dinners; set windows of tech use time in my home/with my kids; host a tech-free dinner party, or other event; lead a tech free meeting at work; don't use technology as a babysitter; set tech free zones or times in my home (such as no technology after x pm, or at the dining room table); place my phone where I can't see it when working at my desk) will I practice in the next 3 weeks?

**9 ) Do I take breaks and vacations? Do I have daily and weekly time-outs just for me?**

*I'm taking regular time out to reflect, refresh, refuel and restore myself on a regular basis. I am being the best me I can be.*

What one new TLC idea or habit (ex: take mini me breaks or vacations throughout the day; proactively schedule vacations / staycations / project days and/or weeks throughout the year; say "no" more often; schedule daily/weekly strategic thinking & productivity time; schedule regular me-days) will I practice in the next 3 weeks?

**10) Am I connecting with loved ones – those most important to me – in ways that align with and allow me to be me?**

*I'm regularly taking time out to be with those who energize and support me to be me - who love and accept me just as I am.*

What one new TLC idea or habit (ex: schedule regular we-days with my partner, my soul family, my friends, my team; hold hands; share intimacy with my soul mate; actively engage in and with my favorite communities; play with children and pets; take a coworker out to lunch) will I practice in the next 3 weeks?

**11) Am I volunteering my gifts and services and helping others in need to grow and thrive?**

*I am sharing my gifts, talents and energy in service of others. I feel expansive, joyful and abundant.*

What one new TLC idea or habit (ex: make volunteering a family activity, a team building activity; offer my unique skills and services freely to an organization, cause, other living being that makes my heart happy; make eye contact, smile, say hello - to everyone I encounter - on the subway, on the street, in the office; visit with and support an aging neighbor; practice random acts of daily kindness; donate to a charity; clean litter from the planet; leave a generous tip) will I practice in the next 3 weeks?

**12) Do I feel supported and inspired by my physical environment? (the physical spaces I spend my most time in. Where I live and work, what I ride and drive, the clothes I wear...)**

*I am living, working, laughing and leading in physical environments that soothe, express and spark my soul.*

What one new TLC idea or habit (ex: bring my fave Feng Shui Consultant in for a home and color consult; create a pinterest board for my new remodel/refresh project; use plants, color and textures to enhance the energy inside



and out of my home; cleanse my purse, my desk, my garage, my car, my closets; hire a cleaning service; day dream of new home and remodeling plans; DO one of these plans; create a physical space for myself that is mine and mine alone; now ensure that same space creation for all that live and work with me; connect regularly and energetically to spaces - in my home, my town, my city, country, or world - that have me come alive) will I practice in the next 3 weeks?

As you can see, many of the self care activities listed above can take place simultaneously - thus maximizing the return on your self-care investment.

## You might



Read an inspiring passage and journal as part of your morning routine.



Start your workday with a balanced Breathing Break, and then sip a cup of warm herbal tea while strategically visioning, planning and being present in your day.



Share a delicious whole food meal with some of your favorite people - unplugged from technology - outdoors in nature.

The combinations are limitless! As are the benefits of taking time out to practice regular sustainable self and soul care. The more you practice - the greater your experience of the following benefits will be:

- Greater ease, peace of mind, energy and flow

- More time, energy and space to enjoy your life, family and career
- Greater self-knowledge, self-confidence and authentic self-expression
- Increased clarity, vision and focus
- More effective and confident decision making
- Improved leadership, presence, and personal and professional relationships
- More time for strategic visioning and planning
- More power, impact and influence
- Spiritual/ Inner Wisdom connection and fulfillment
- Better, and more sustainable, health
- And greater abundance too!

Remember it's a practice that grows and evolves as you and your soul do.

Happy growing! Happy THRIVING!

Warmly,

*Andrea*

If you need any help with your Thriving Leader Self-Care Practice, or are ready for new growth in your life and career and would like to go even deeper, I invite you to apply for a *Let's Get Growing!* Discovery Session - gift from me to you.

[Private clients click here.](#)

[Corporate clients click here.](#)

*Can't wait to help you thrive!*



# Self-Care Spark

My 3 week Self Care Spark Practice begins: \_\_\_\_\_ and ends: \_\_\_\_\_

Complete online and/or print out.

**1) Am I getting adequate sleep?**

My ideal hours of sleep: \_\_\_\_\_

My actual hours of sleep: \_\_\_\_\_

My 3 week practice: \_\_\_\_\_

**2) Am I getting adequate movement and exercise?**

My ideal hours a week: \_\_\_\_\_

My actual hours a week: \_\_\_\_\_

My 3 week practice: \_\_\_\_\_

**3) Am I nourishing myself with healthy whole foods and drinking plenty of water?**

☐ Regularly ☐ Sometimes ☐ Never

My 3 week practice: \_\_\_\_\_

**4) Do I take time for reflection, meditation, gratitude and other awareness building activities?**

☐ Regularly ☐ Sometimes ☐ Never

My 3 week practice: \_\_\_\_\_

**5) Do I tend to my medical needs - preventative and needed?**

☐ Regularly ☐ Sometimes ☐ Never

My 3 week practice: \_\_\_\_\_

**6) Am I engaged in a hobby or activity that sparks my creative essence and stimulates my soul?**

☐ Regularly ☐ Sometimes ☐ Never

My 3 week practice: \_\_\_\_\_

**7) Am I enjoying regular time with and in nature?**

☐ Regularly ☐ Sometimes ☐ Never

My 3 week practice: \_\_\_\_\_

**8) Do I know how and when to unplug from technology?**

☐ Regularly ☐ Sometimes ☐ Never

My 3 week practice: \_\_\_\_\_

**9) Do I take breaks and vacations? Do I have daily and weekly time-outs just for me?**

☐ Regularly ☐ Sometimes ☐ Never

My 3 week practice: \_\_\_\_\_

**10) Am I connecting with loved ones - those most important to me - in ways that align with and allow me to be me?**

☐ Regularly ☐ Sometimes ☐ Never

My 3 week practice: \_\_\_\_\_

**11) Am I volunteering my gifts and services and helping others in need to grow and thrive?**

☐ Regularly ☐ Sometimes ☐ Never

My 3 week practice: \_\_\_\_\_

**12) Do I feel supported and inspired by my physical environment? (the physical spaces I spend my most time in. Where I live and work, what I ride and drive, the clothes I wear,...)**

☐ Regularly ☐ Sometimes ☐ Never

My 3 week practice: \_\_\_\_\_