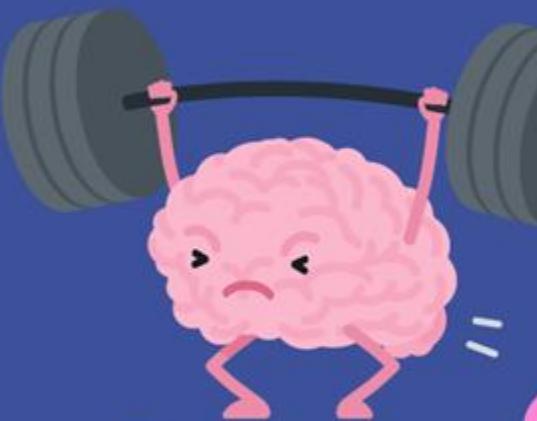


# self-care chart



## 01 PSYCHOLOGICAL

- PSYCHOLOGIST
- JOURNAL
- SUCCESS DIARY

## 02

### EMOTIONAL



- MEDITATION
- DETACHMENT
- BREATHWORK

## 03

### PERSONAL

- READING
- ALONE TIME
- VALUE ALIGNMENT



## COPING CATEGORIES

### 04 PROFESSIONAL

- GOAL SETTING
- REFLECTION
- CONSTANT LEARNING

## 05

### PHYSICAL

- TRAINING
- RECOVERY
- MOBILITY

## 06

### SPIRITUAL

- PRAY
- WEEKENDS DIAL IN
- GRATEFULNESS



# Habits change:

I have noticed myself engaging in negative self criticism, and I think it is unhealthy to me.

Some strategies that I can do to help change this unhealthy habit includes making it hard to do - for example: For every time I'm thinking a negative thought about myself, I'll have to write it down in my journal. This is a big punishment for me - as I like keeping my journal positive and organized- so if I want to keep it this way, I'll have to stop the unhealthy habit.

One of the habits I am looking to engage in is to have positive self reflection.

Some of the strategies I learned from the podcast that can help me maintain this habit include setting a very small goal of saying one positive thing about myself every day. This will help me build a habit of saying positive things about myself- with each day making it easier and setting a bigger goal (after two weeks say two positive things about myself). Another method could be to think about when I'm doing it. For example saying to myself: every time you shower after practice- say a positive observation about yourself.