

Self-Care in Action

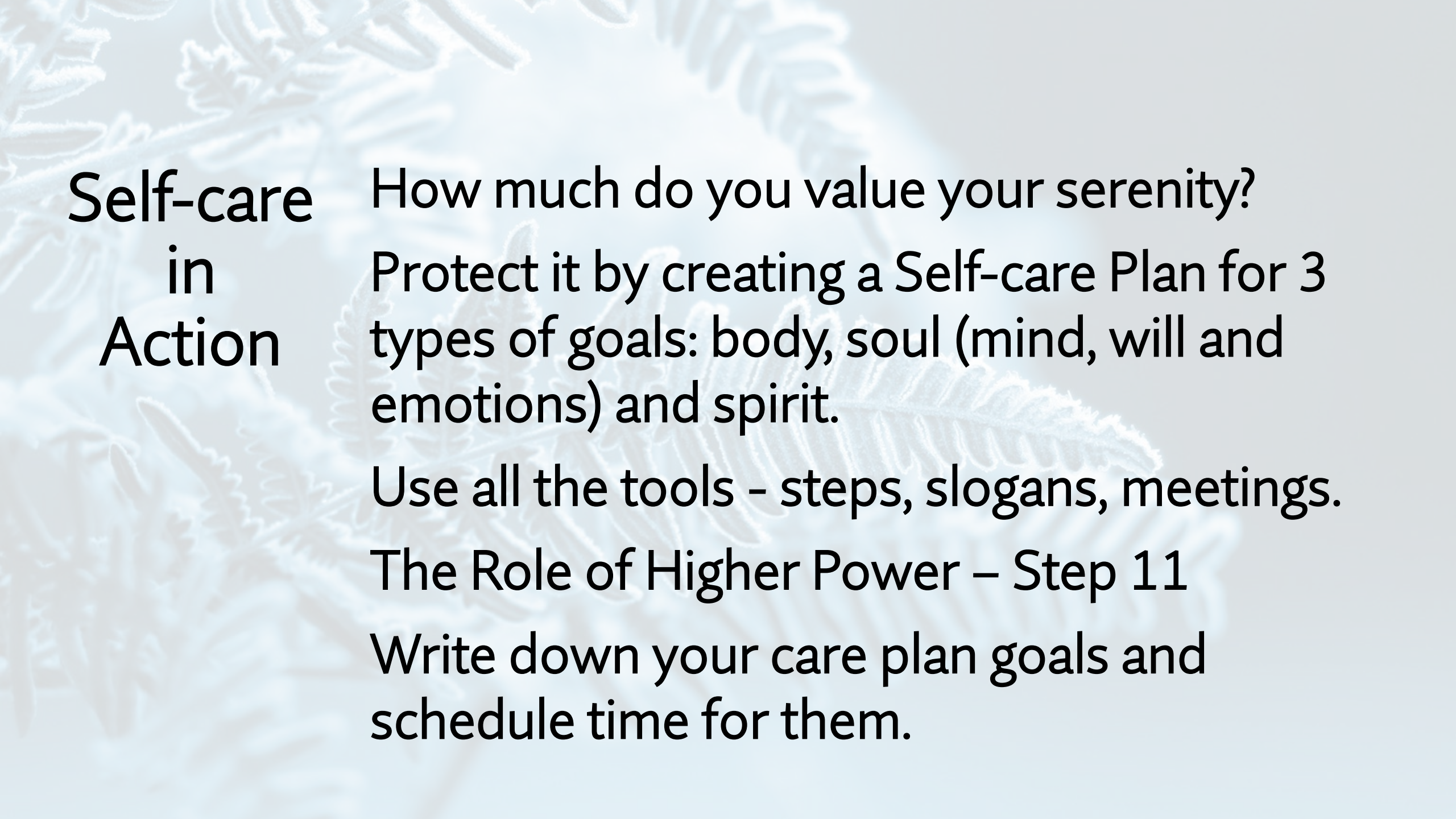
Create a Self-Care Plan

Get motivated to care for yourself

Identify & Use Program Tools
(steps, slogans, meetings, traditions,
CAL, sponsor, service)

How important is it?





Self-care in Action

How much do you value your serenity?

Protect it by creating a Self-care Plan for 3 types of goals: body, soul (mind, will and emotions) and spirit.

Use all the tools - steps, slogans, meetings.

The Role of Higher Power – Step 11

Write down your care plan goals and schedule time for them.

Self-care - Beyond the Spa Basket: Develop a Simple Self-Care Plan



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Purpose: Ground your self-care in clarity and meaning through working steps 3 and 11.

Action Steps:

a. **Define your “why”** Why do you want to take better care of yourself - to feel more energized and present, feel less isolated, lose weight, become healthier, or happier?

b. **Choose 1– 3 top priority focus areas**

For example: attend 2 meetings a week during a time of crisis, find a sponsor, spend more time reading CAL, improve sleep hygiene, lose weight, develop a friendship, reconnect spiritually.

c. **Commit to Progress not Perfection.** Put time for your self-care plan on your calendar.



Body: Physical Health & Energy

Hydration: Drink half your body weight in ounces of water. For example, if you weigh 150 pounds, then drink 75 oz of water each day.

Nourishment: Eat balanced meals—prioritize fresh and cooked vegetables. Practice mindful eating. Don't sit on the sofa with a bag of potato chips. Practice portion control. If you get off track, forgive yourself and bounce back.

Rest: Aim for 7–9 hours of quality sleep. Learn about sleep hygiene.

Meal prep and planning: Set a maximum calorie goal per day, e.g., 1800. Use a calorie counter app like Yazio to keep track. It uses AI to take pictures of food and calculate calories. Plan your snacks when you shop. Find a weight loss coach.

Create an exercise plan for the winter: **Move with purpose:** start with 20–30 minutes of movement (walk, yoga, dance, strength training). Just walking in a mall with a friend can make a difference. Use a step counter app and set a goal for walking twice a week.



Mind: Mental & Emotional Well-Being

Easy Does It. Identify and break out of fear, worry, anger, and depression.

Digital boundaries: Set screen-free times (e.g., 1 hour after waking & 1 hour before bed).

Positive input: Read your CAL daily readers and [The Forum](#) magazine when you feel down.

Journaling: Reflect on emotions, what triggers you and why, wins, and lessons learned.

Get to a meeting – find a AFG home group and one other.

Creative expression: Draw, write, play music — do something purely for joy.

Mental reset: Take a “mini-retreat” (an afternoon off social media, time in nature, etc.).

Review and reset: Evaluate what’s draining or fueling your energy.

Declutter your space or mind: Clean one physical space or release mental baggage by forgiving someone.

Carry the Message Challenge: sign up to lead a meeting on self-care!

✨ Step 11 for your Spirit: Inner Peace & Connection

Step 11 Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry it out.

Prayer and Meditation: Spend 15 minutes in contemplation or listening to encouraging speakers (WGTS 91.9) before the day starts. Improving your conscious contact takes time.

Gratitude: Write down 7 things you are grateful for.

Reflect on God's will for you. How does Higher Power care for you?

Build your faith and strength: serve your group in some small way.

Vision alignment: Revisit and update your self-care plan goals after 3 months.

Digital detox challenge! Spend 1 day unplugged to reconnect inwardly.

My self care assertion: I will schedule time to take care of myself because I am worth it and it is important.

1. Body (e.g., drink more water, diet, exercise, stretching)

2. Soul (For your mind- read your CAL. For your will and emotions – achieve victory over fear, anger and depression. Develop a picture in your mind of yourself as already having achieved your goals – happy, joyous and free.)

3. Spirit (serenity, improve contact with your Higher Power, reflect on God's care and love for you and discerning God's will)

