



Take Time To...

Declare Self Care Make Time Ritual

Intention:

to establish time for self care
to gain insight on personal self care

TTT Tx:

approximately 30 minutes a day for 1-8 days
repeat any time your self care practice
requires a recharge or feels un-
serving/stagnant

Directives:

Take YOUR Time and...

1st in silence, light candle, place at eye level

2nd sit comfortably, hold tea with both hands; close your eyes and consciously
breath; open your eyes, rest your cup

3rd focus on the tip of the candle flame without blinking as long as you can, then
close your eyes and witness the flame reflection until it disappears. repeat up to 4
times

4th check in with your body (toe to head) and relax any part of you that is not
necessary to hold your position

5th request guidance and support from your Higher Self / Higher Power

Ask yourself,

what areas of wellness could benefit from more care?

(1x opt. complete wholistic wellness wheel)

how can I best honor and care for myself in these areas?

6th sip your tea until it is gone; anticipate and expect to receive insight and savor
the flavor

7th journal your thoughts, insights and whatever comes to mind

8th close your eyes and envision what your life would be like when you are best
cared for

9th in your planner set a date and time to set your self care action plan or schedule
(block out) a minimum of 30 minutes a date for conscious and intentional self care.
Plan and share with a friend (or us, because we care)

Supply List:

Journal & Writing Utensil
Planner / Schedule
Lit Candle
Comfortable Seating Area
Prepared Hot Tea / Water
Friend / Us

Self Care for Wholistic Wellness

www.TakeTimeTo.live