

ALAKA'I ASSOCIATES

A SIMPLE GUIDE TO SELF CARE



STARTS WITH A PERSONAL ASSESSMENT

Start with these four key areas:

- Physical wellbeing
- Emotional health
- Social wellbeing
- Spiritual health

CREATE A LIST

What actions do you want to take for the following:

Relaxation

Health

Connections

Rejuvenation

Comfort

Expression



START WITH A DAILY PRACTICE

Set three self-care check-in times throughout the day. In the morning, how will you start the day?

Mid-day check-in to recharge and reset. And finally, at night, how do you end your day and prepare for tomorrow?

LIVE ALOHA LIVE WELL

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