



AWESCO NUTRITION
Transform your weight, health and life

YOUR MONTHLY SELF CARE PLANNER

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1



Drink 2 litres of water. See how vibrant and calm you feel when you're hydrated. Infuse with lemon/cucumber/ mint.

2

Practice receiving compliments rather than rejecting them. Next time someone says something positive, simply say 'thank you'. Nothing more.

3



Mirror exercise: look in the mirror, SMILE and give yourself compliments, not criticism. Say 5 things (or more) that you love about your body / yourself.

4



Be calm. When you're feeling frustrated, resistant or anxious today, breathe deeply, soften your body, and choose peace instead.

5

Seek out the joy in life. Before you swing your legs out of bed in the morning, tell yourself 'this is going to be an amazing day!' and make a point to look for good in every situation.

6



Love your body up with glow-giving healthy fats. They're incredible for your skin and hormones (and no, they won't make you fat).

7



Embrace your inner child with all its joy and freedom. It's easy as an adult to ignore your playful side and crowd it out with mundane responsibility. Dance, skip, gallop and sing like you were still 6 years old!

8

Practice radical acceptance and surrender. If something is making you feel stressed, let it go.

Remind yourself "It's only a problem if I make it one."

9



Meditate. Aim for 5 to 10 minutes. Sit quietly, turn your attention inwards, let go of thoughts as they come up, and focus gently on your breath.

10

TED TALKS

Embrace the power of vulnerability - it's OK, really it is. Watch Brene Brown's TED talk

watch now

11



Keep a food diary today and reflect on everything you eat and drink. Get curious about what you're choosing and dive into the 'why' behind your choices.

12



Get 8 hours of sleep. Everything feels better when you're well rested. Good sleep is good self-care.

13

YOU ARE
enough

Write a love letter to your body. Don't overthink it; just let your words flow onto the page.



14

Practice the art of allowance. Treat yourself - guilt free - when you feel called to.

15

Do an act of kindness for somebody else. The beauty of this is that it not only makes them feel wonderful, you feel wonderful too.

16

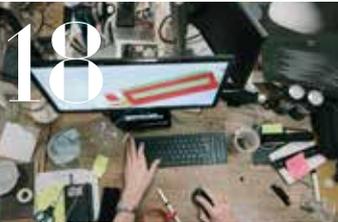


Be your own best friend. Check in with yourself when you're having a tough day and ask yourself: how can I support myself more?

17

Eat your veg!

Consider how you can squeeze in an extra portion day. Smoothie? Juice? Extra serving at dinner?



18

Declutter. Clear out an area of your home today (your desk, bathroom cabinet, or makeup drawer). You'll feel lighter, freer and more at ease.

19



Treat yourself like you'd love to be treated. Buy yourself some flowers. You deserve it!

20

Practice self-compassion: Be gentle, warm, and understanding towards yourself when you struggle, fail or feel inadequate

21



Stop procrastinating. Is something weighing on your mind or lingering on your to-do list? Do it first thing. You'll feel a million times better for it.

22

Notice how different foods make you feel. What makes your body feel deliciously healthy? What satisfies you and energises you? What irritates your skin or tummy?

23

Remember that you are a brilliant, unique person and the universe needs you. Consider 'beautiful' means be you to the full.



24



Spend time in nature. Even just 5 minutes. Go to the park, take a stroll, smell the flowers, breathe in fresh air, walk in the grass. Nature = soul food.

25



Prioritise pleasure. Savour a frothy cup of coffee, stop and smell the flowers, look up at the clouds. Do the little things today that spark joy.

26



Have a bath or shower and make it really special. Use your favourite products, add a few drops of essential oils to the water, listen to music. Take your time to relax and unwind.

27

Eat like you love yourself.

When your choices are fuelled with kindness, you naturally find a happy harmony between treats and nourishing, nutrient-dense whole foods.

28

Exercise in a way that feels joyful. Notice how good it feels to move your body...and to do so in a way that feels light, loving and intuitive.



29

Preparation is key to eating well.

So fill your fridge with nutrient-rich food you love, prep ahead, pack snacks and batch cook.



30

Take a moment to focus on your achievements. Consider how far you have come and not how far you have to go.

31

Ever catch yourself sabotaging your best efforts to live and eat well? Take this advice

watch now



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