



BUILD YOUR PERFECT SELF-CARE WORKOUT

MAKE A LIST OF 10 MOVES YOU LOVE.

These can be anything you have done in the past or are currently working on. Think of any movement in your entire history! Have you done dance? Are you studying martial arts? All movement counts.

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MAKE A LIST OF 10 MOVES YOU HATE

aka the things you are avoiding

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SELF-CARE WORKOUT FORMULA:

WARM UP
10 mins

Grab your therapy balls or mobility tools and roll out where you feel tension or discomfort.

DYNAMIC MOVEMENT
5-10 mins

Circle your shoulders hips, spine, ankles, elbows, wrists - everything!
Think fluid movement and try to move in as many ways as possible.

WORK ON WHAT NEEDS IMPROVEMENT
10-15 mins

(These are the moves you hate.)

WORK ON WHAT YOU LOVE
10-15 mins

(These are the moves that you love.)

BREATHING
5-10 mins

Sit quietly and breathe, or better yet, grab your inflated ball and use that to enhance your breath capacity. (All of this work aids in relaxation too!)