

{WEEK 1}

# WORKSHEET

## CULTIVATING YOUR BLUEPRINT FOR LIVING

Your *Blueprint for Living* is the compilation of those daily and weekly needs that **you absolutely must fulfill**. Some of these are basic human needs: enough water, sleep, etc. However, some needs are those things that are custom tailored to your experience. Do you need to make sure to do your laundry once a week? Set out your clothing the night before? Make sure that you always have snacks in your car? **If it is something that is necessary for you, it is important to note here.**

Think back over the course of your life. When have you felt your best? What were the conditions that allowed you to feel so wonderful? If you had to develop a semblance of a baseline for taking care of yourself, what might it include?

So often we believe that **we don't have time for self-care**. Think of this exercise as self-care at its most minimal + pared down.

*What do you need on a daily basis in order to feel your best inside and out?*

There are ten spaces here, but don't feel pressured to fill them if your baseline only includes four items. This is **your** list.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.