

17 NO BS *Self-Care*
TIPS YOU CAN DO RIGHT NOW

(instead of another freakin' manicure)

Plus, a nifty woksheet to get started!

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Hello lady and welcome...

Question for ya, does a typical day in your life ever include any of these words – tired overwhelmed, overworked, anxious, worried, burnt-out, pissed, envious, guilty, too many F-bombs to count and just feeling like a big 'ole hot mess? You think there has gotta be a better way so you Google it and the word SELF-CARE monopolizes the search, especially for us ladies.

Now you're staring in the bathroom mirror after taking a ginormous pee from your trenta sized caffeine filled concoction wondering who the hell is this chick and mutter to yourself yet again "there's gotta be a better way" and per Google the answer was Self-Care. However, it just feels like another thing to do, another thing to add to your over packed Google calendar looking more like work and less like self-care.

Yet, the thing is, the concept of self-care has been muddled down, trivialized into manicures, facials, shopping for the must have high-rise mom jean short, a marathon of the latest Netflix craze followed by a pint of Ben and Jerry's "Chocolate Therapy" (*that's an actual flavor*) in a bath filled with rose petals and a flame of an aromatherapy candle for stress relief.

Well, in reality, **SELF-CARE IS NOT INDULGENT: IT'S SURVIVAL** and survival my friend, most of the time, isn't always glamorous, it's down right dirty, definitely uncomfortable and most of the time takes a huge set of lady balls.

So, pull up those sleeves, kick off those new Adidas, pour yourself your favorite liquid treat and get started with these 17 Unconventional No BS Style Self-care Tips and take it as seriously as if your life depends upon it. **Because it does!**


With courage, grace and lady balls,

XOX,

Jackie

Warm not fuzzy women's empowerment coach and motivational speaker - Helping women uncover their purpose and define thier own pathin the world.





Here you go...

1. **JUST CRY**

Like ugly face, snorting kinda cry. Let it all out.

2. **SAY F*\$K IT** (or *SCREW it for the PG-13 version*)

A whole lot of f*\$k it. F*\$k it to the judgments, f*\$k it to the beotch talking crap in your head (*fyi, thats your negative self-talk*), f*\$k it to everything and anything that is not making you feel good in the moment.

3. **ACCEPT IT**

Pick that one thing. That one thing thats been getting you every-time and just for today accept it, all of it, for what it is.

4. **BREATHE**

Like big deep breathes. Like in your nose out your mouth at least 3 times.

5. **DANCE**

Like no one is watching or if they are go back to #2 and say f*\$k it.

6. **WALK**

Take a walk and get that energy moving through your body.

7. **SCREAM**

Let the frustration, overwhelmed and overworked anger out through a hearty scream.

8. **KEEP THAT PROMISE**

The one you made to yourself. Just for today. Whether it was to eat healthy, go to the gym, ask for a raise, pay a bill, start a budget, end a relationship, organize your life just do it.

9. **ASK FOR HELP**

For the love of Pete (*who's Pete?*) ask for help. Remember, it takes a village.

10. **EAT** the _____ (insert anything you want)!

11. **PRIORITIZING JOY AND LAUGHTER**

What brings you joy? What makes you laugh till you pee yourself? Now go do that!



12. BE GRATEFUL

Find one thing to be grateful for. Just one. *(For me, I have literally wrote down my legs and working teeth to eat skirt steak. No judgement!)*

13. CHOOSE WHAT YOU WANT

Versus what you think you "should do" without regard for how it will seem, or appear, or be talked about by others.

14. NAP

Oh sweet naps are so delicious.

15. STICK TO YOUR GUNS

And keep your word especially to yourself.

16. GIVE UP

When it no longer serves you.

17. SAY NO WITHOUT APOLOGIZING

No is a complete sentence. Bonus points if you say it without any explanation.

Now what...

You have two options and a choice to make. Let's take a look...

1. **DO NOTHING.** Take these pages and the 7 minutes you can't get back in life and junk it. Throw it out and delete from your inbox. Proceed with your day.

OR

2. **DO SOMETHING.** As my mentor says NO CHANGE. NO CHANGE. Annoyingly simple in theory yet sometimes challenging in life. Here is your something to do. You got this girl and I am here to support you. Need help? Just ask *(refer to #9)* and shoot me an email at hello@jackiejaniec.com.

From the list above *Pick Two* and just do it for one day. You owe it yourself and below is a nifty sheet to use. It's 24 hours of real self-care. Again, do it as if your life depends upon it, because it does!

DATE: _____

INTENTION: I, _____ will do the following two self-care practices today and nothing will stop me because my life literally depends upon it!

1. _____

because _____

This made me feel _____

2. _____

because _____

This made me feel _____



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