

THE
lifetonic
CLUB.

My
Self Care
Plan

Introduction

There is no doubt that life, and all its challenges, can sneak up and catch you off guard, and when challenging times arise you often forsake yourself because everything feels just so overwhelming. I have been there more times than I care to remember, that's why I created this self care plan. Use it to prioritise your wellbeing and to help life feel more manageable when things feel out of control.

Julie x

Caring for my Body

Bodytonics

Eat

Name three easy and nourishing meals
which you can make for yourself

1

2

3

Move

List three ways you enjoy moving your body

1

2

3

Get Active

Which three activities make you feel good

1

2

3

Caring for my Mind

Mindtonics

Support

Name three people you can talk to
when you feel sad, angry or upset

1

2

3

Affirmations

What three positive things can you say
to yourself when things get overwhelming

1

2

3

Caring for my Life

Lifetronics

Reach Out

What will you ask for help with when you're feeling overwhelmed?

Laugh Out Loud

What will you do when you
need a good laugh?

Let It Out

What will you do when you
need a good cry?

Relax

What will you do to unwind?



About The Lifetonic Club

Hi, I'm Julie,

I developed The Lifetonic Club in response to the growing number of woman I was teaching that were struggling to stick with their pilates practice and nurture their own wellbeing, because of their busy schedules.

They would come to ease aches and pains in their body, feel amazing that they'd discovered something that could be so beneficial to their body and mind, but then struggled to keep it up.

The Lifetonic Club was created to help those struggling woman build consistency so as they could feel good in their body and mind in a way that fitted with their own unique lifestyle. It is built around the proven principle, that small things often are a far more effective way to stay consistent, motivated and invested in your health for the long run.

We favour small, practical steps over huge, overwhelming goals that only ever lead to failure

We choose messy, imperfect action over striving for the perfect location, outfit or time of day

We respect our body and choose to work it smarter, not harder so as we can age with grace and ease

The Lifetonic Club will give you the FREEDOM to live your healthiest life, without having to go chasing that feel good factor; it's an approach that makes doing the things that are GOOD for you EASY to fit in, even on the busy days. Something I bet you never thought possible.

Julie