

Checklist




SELF-CARE CHECKLIST FOR
WOMEN IN
(AND AROUND) THEIR
40'S AND 50'S



Truth:

In the hustle and bustle of daily life, finding moments for yourself can feel like an impossible feat. However, as a busy woman juggling multiple roles and responsibilities, prioritizing your well-being through your perimenopausal years is not just important—it's essential. This holistic self-care toolkit offers a roadmap to nourish your body, mind, and spirit amidst the chaos of modern life.





First Off...

I am here to ensure that you get this right.

We are going to dive into concepts you are familiar with but may have never completely explored.

You are going to put it all together so that you get a higher degree of certainty.

When you have certainty you will easily take the right ACTION.





And Furthermore...

I created this because we all need to embrace these fundamentals.

These are non-negotiable... you can ignore them and struggle needlessly or get mastery over them and win.

I know what needs to happen in order for you to have peace and health. I know what you need to do.

This is easy than you think and I know that this can work for you as it has for so many others.





Questions:

Are you not completely certain about what Physical Self-Care practices you need to do daily?

There is so much confusing information out there.

Do you completely understand the sharp differences between Emotional Self-Care, Mental Self-Care and Spiritual Self-Care? They do overlap a bit but addressing all three properly is crucial.

Let's get this right.

Getting any of this wrong is often why women in their 40's and 50's can struggle needlessly. Let's begin.



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Good news... I condensed everything you need into 4 Self-Care items:



Physical

Emotional

Mental



Spiritual



Physical Self-Care

1. **Prioritize Sleep:**
2. **Move Your Body:**
3. **Nourish with Intent:**
4. **Hydrate Mindfully:**



Physical Self-Care

1. ****Prioritize Sleep:****

In a world that glorifies busyness, sleep often takes a backseat. Yet, adequate rest is the cornerstone of physical health and mental resilience. Commit to establishing a consistent sleep schedule and creating a restful bedtime routine.

TIPS:

Trouble falling asleep? You may have high bedtime cortisol. Consider having a small snack 30–60 minutes before bedtime.

Struggling with nighttime waking? If you wake up around 2, 3, 4 am and cannot fall back asleep, hop out of bed, go drink a half glass of water, have a handful or two of organic berries, don't look at any electronics and head back to bed with the intention of falling back asleep. If you can't fall back asleep in 15 minutes, repeat the process.

These strategies, though counterintuitive, can help to lower cortisol spikes that can negatively impact your sleep.

Physical Self-Care

2. ****Move Your Body:****

Exercise is not just about physical fitness—it's a powerful tool for stress reduction and mental clarity. Find activities that bring you joy, whether it's a dance class, a morning jog, or a rejuvenating yoga session.

TIPS:

Eat 30–60 minutes before exercise no matter the time of day. If you need naps, can't sleep or struggle to get out of bed, consider afternoon or evening exercise.




Physical Self-Care

3. ****Nourish with Intent:****

Food is fuel for both body and soul. Instead of viewing eating as a chore, embrace it as an opportunity to nourish yourself from within. Prioritize whole, nutrient-dense foods that provide sustained energy and vitality.

TIPS:

Consume a complete breakfast, lunch and dinner that include a protein, fat and a source of complex carbs. Complex carbohydrates keep blood sugar steady as opposed to simple carbohydrates that spike blood sugar and disrupt your metabolism. Add snacks in between around 10-11 am and 2-3 pm.






Physical Self-Care

4. ****Hydrate Mindfully:****

Water is life. Stay hydrated throughout the day to support optimal bodily functions, improve cognitive performance, and enhance overall well-being.

TIPS:

Electrolytes cause water to stick to you like a magnet sticking to a refrigerator. Use a daily source. Drink 1/2 your body weight in ounces per day of spring water and more if you are exercising. For example, if you weigh 140 pounds you should drink a minimum of 70 ounces of water daily.





Emotional Self-Care

1. **Practice Self-Compassion:**
2. **Set Boundaries:**
3. **Seek Support:**
4. **Embrace Alone Time:**





Emotional Self-Care

1. ****Practice Self-Compassion:****

Be gentle with yourself, especially during moments of vulnerability or self-doubt. Treat your inner dialogue with kindness and understanding, just as you would a dear friend in need.

TIP:

Pause before the judgement of self. We are all children... give yourself the endless patience you'd give a small child.





Emotional Self-Care

2. ****Set Boundaries:****

Boundaries are the foundation of healthy relationships—with yourself and others. Learn to honor your limits and assert your needs without guilt or apology.

TIP:

Warren Buffet, one of the top investors of all time, says the most successful people say “no” the most. Women are nurturers. Be on guard what and who you may be nurturing and giving energy to. Watch out for people who are emotional black holes... trust your gut.





Emotional Self-Care

3. **Seek Support:**

Vulnerability is not a sign of weakness—it's a testament to courage. Reach out to trusted friends, family members, or mental health professionals when you need a listening ear or a shoulder to lean on.

TIP:

Every one of us has experienced trauma, stress and loss during childhood and adulthood. We all are carrying and using the coping mechanisms we developed as a child. The issue is that these don't always work well in adult life. A professional who understands this may help you evolve beyond limitations and build resilience to the trials of life.





Emotional Self-Care

4. ****Embrace Alone Time:****

Solitude is not isolation; it's an opportunity for introspection and self-discovery. Carve out moments of quietude amidst the chaos of daily life to reconnect with your innermost thoughts and feelings.


TIP:

Every battery will fail without a recharge. Being around loved ones fills our hearts but it is during alone times that we recover ourselves. Do things alone when you can if your world is busy.





Mental Self-Care

1. **Engage in Mindfulness:**
 2. **Feed Your Curiosity:**
 3. **Limit Screen Time:**
 4. **Celebrate Achievements:**
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Mental Self-Care

1. ****Engage in Mindfulness:****

Cultivate mindfulness as a daily practice to anchor yourself in the present moment and cultivate a sense of inner peace amidst life's storms.

TIP:

You can only have peace right now... and that moment just left. Our minds journey into the regrets of the past and also unfortunately try to prepare us by creating fear of possible future troubles. Understand that your thoughts are not the real you and that by identifying with the exact present moment you are in is the only way to a feeling of 100% peace. It is a bit like standing on one foot on a small balance ball. The good news is is that you will 100% get better at it through practice.



Mental Self-Care

2. ****Feed Your Curiosity:****

Never stop learning and growing. Explore new interests, hobbies or areas of knowledge that ignite your passion and spark your curiosity.

TIP:

Read fiction. It's that simple.



Mental Self-Care

3. **Limit Screen Time:**

In a digital age characterized by constant connectivity, unplugging is a radical act of self-preservation. Set boundaries around your screen time and prioritize real-world connections and experiences.

TIP:

Look at devices like candy. If you indulge, you know what happens.

Mental Self-Care

4. **Celebrate Achievements:**

Acknowledge your accomplishments, no matter how small, and celebrate the journey of personal growth and self-discovery.

TIP:

Every single evening it's time to add up every win no matter how big or small.



Spiritual Self-Care

1. **Connect with Nature:**
2. **Cultivate Gratitude:**
3. **Explore Your Beliefs:**
4. **Find Purpose:**





Spiritual Self-Care

1. ****Connect with Nature:****

Nature is a source of solace and inspiration—a sanctuary for the soul. Spend time outdoors, breathe in the fresh air and marvel at the beauty of the natural world around you.

TIP:

Look at living things. During extra stress-filled times go outside barefoot for even 2 minutes... no matter the weather.





Spiritual Self-Care

2. **Cultivate Gratitude**

Gratitude is the gateway to abundance. Cultivate a daily gratitude practice to shift your perspective and cultivate a mindset of abundance and appreciation.

TIP:

Keep score. Gratitude is not a game-changer... it is the game. In virtually every moment there is at least one thing to be grateful for. Gratitude is the antidote for life. Check your score every morning.





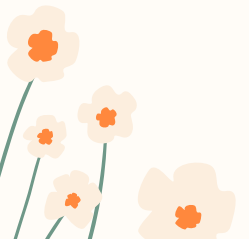
Spiritual Self-Care

3. ****Explore Your Beliefs:****

Spirituality is a deeply personal journey—an exploration of meaning, purpose, and connection to something greater than ourselves. Explore various spiritual traditions, philosophies or practices that resonate with your soul.

TIP:

The soul is the invisible part of us that needs to be exercised. If this is hard for you, try acknowledging the force of nature or the idea of endless time and know that we all share in contemplating these mysteries. Your soul is the absolute center of you. Reflect on a bigger picture of the universe outside of yourself. This is crucial so that we don't get trapped in the prison our thinking minds are always trying to create. If you still struggle, ask that your Higher Power be revealed to you and watch patiently for out of the ordinary wonderful things that occur.





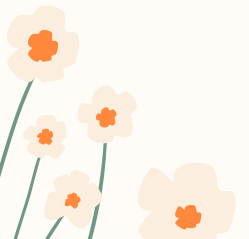
Spiritual Self-Care

4. ****Find Purpose:****

What sets your soul on fire? What gives your life meaning and purpose? Reflect on your values, passions, and aspirations and pursue endeavors that align with your authentic self.

TIP:

You were given something; something that creates, nurtures or maintains. You have something that adds to this world and those in it. Humans are innately good. When you see a thin stray dog, your heart goes out to it doesn't it? You have an in-born desire to help others. You like the satisfaction of fixing or improving things. Think of where you've struggled most and reach out to those with the same struggles. It is like winning the lottery and it is the remedy for perpetually contemplating your troubles and fears.



Remember... it is just 4 items



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Empower yourself with the tools and practices to thrive—not just survive—in the midst of life's demands.

Remember, self-care is not a luxury reserved for the privileged few—
it's a radical act of self-love and self-preservation.





What's Next?



There is science behind all of this. The perimenopausal years bring changes that can be difficult. Good news. There is a science to using all-natural strategies to move through these years and beyond gracefully. I have devoted my career to helping women with this process.

If you have connected with me, keep an eye out for anything I send you. I will be bringing you everything I have learned after being a 100% all-natural doctor since 2004. You can apply this science to your life and create true health, peace and prosperity for yourself and your family.

Connect with this community by clicking anything below... this is now your community. See what others are saying and tell me what you want for yourself now.



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