



## Extreme Self Care

requires connecting with yourself on a daily basis  
deciding what you need and then following  
through to make it happen

### **The First 10 Steps to Extreme Self Care**

"Someday" may never come.  
So live each day better than the last.  
That way you'll wake up with  
so much excitement and anticipation  
you'll jump out of bed  
and shout "I can't wait!"

By Lori Smith  
The LifeStyle Coach  
[www.Extreme-Self-Care.com](http://www.Extreme-Self-Care.com)

## Introduction

While I was doing research on the topic of Self Care, I read and reviewed several books and websites. I came across a book review; the comments of the reviewer caught me a little off guard. When I first read the review, I was thinking to myself, “What a closed minded person”, but then as I let the words work through my head, I began to realize that the words were not spoken from thoughtlessness, but frustration. The reviewer was saying that no one had taken into consideration her feelings, they had not lived in her shoes, walked the mile that she did everyday and therefore could not possible understand what she was going through and how to offer her advice on how to improve her life.

Now this was making much more sense to me. I then began to think of how many more people felt the same way. The reviewer eluded that the book was created for a specific demographic. I want to make sure that I define very clearly who this book was created for and why.

You:

- Women aged 25-45, have or hide the grey hair to prove it
- With Children and other dependent friends/family
- With a husband/ex-husbands/boyfriends/significant others or all of the above
- Work at home or outside the home or both
- Workaholic control-freak perfectionists who are currently defined by their roles
- Just a regular person, that you might not even notice walking down the street or you did notice in the supermarket, because the kids were screaming for 20 minutes.

This may sound a little strange and I hope it brought a smile to your face. I am sure that you can relate to at least 1 item on the list or many more. If you can relate to at least 1 item, I am confident that there is something you can gain by reading this book.

## **Who am I, do I know what I am talking about?**

I have been married for 20 years, some were good, a lot were bad, now I live in the present and each moment is as magical as I make it. I am a mother of 4 teenagers, boys 18 & 16 and twin girls 14. I have been a stay at home mom and I have worked full time outside of the house. I have failed and succeed at relationships and roles.

I spent that last 9 years of my career working at a large corporation dealing with climbing the career ladder in a very male driven environment. I have watched the industry move in many directions and the tight competition that is faced each day in the work force by men and women alike.

Many times saw good people in either complete collapse or complete denial about their whole lives and the impact they were having on the people around them.

## **Why am I doing this?**

Because like you I got sick and tired of being sick and tired. Too tired to care about kids homework and school events, spending most of the weekends, never moving from the couch because you don't have the brain power to think of something more interesting to do, or spending it working, so that you never even get the chance to see your family, or spend any intimate time with my significant other.

So to address the concerns of the review I mentioned before:

- I did take your feelings into consideration
- I have walked a mile in your shoes
- I do know what you are going through

Being serious for just one more minute, fear and excuses will not allow you to change your life; you must let your true authentic self and your inner voice guide you to make the changes necessary to turn your life around.

**It is possible and you are worth it! Take the next step now!**

**Extreme Self Care: is the practice of fully committing to a nurturing lifestyle.**

Extreme Self Care requires connecting with yourself on a DAILY basis, deciding what you need and then following through to make it happen.

You will find in this work book a plethora of ideas and actions that you can use to start your new lifestyle. As you allow yourself, you will develop your own personal touch and style, ideas will come to you like a waterfall of pure energy.

I highly recommend that you make a deal with yourself to commit fully to creating an Extreme Self Care Lifestyle. Feel Free to use the Personal Contract below to help you remember to put yourself first and be a little selfish every day.

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### Personal Contract

I am committed to achieving a lifestyle of Extreme Self Care!

"I hereby state that I will abide by my commitment to MYSELF, I can do it! It will be achieved! There is no stopping me! I have the determination, and the will to achieve all of my goals! With out doubts consider it done! I am Empowered by myself for myself to create a lifestyle of Extreme Self Care!

Signature \_\_\_\_\_ Date \_\_\_\_\_

Don't you feel better already... excited!? Ready to move on to the next step? Great me too! I am excited for you! There are going to be some hard action items along the way, but I know that now that you have made this commitment you will be prepared for those hard decisions.

You may want to take a couple of minutes and just get really clear on what it is that you want to create for yourself. Sit down and really visualize as if you were right in the middle of your perfect day.

### **Identifying and Clarifying Your Goal**

The next important step is but into words that feeling you are looking for. I recommend reading this over every week or so and updating it. As you start working through the steps you will start to see new improved visions and feelings. You will be able to be clearer and clearer of what you are looking to feel.

1. The goal I want to achieve is:
  
2. The reason I want to achieve this goal is:
  
3. My life would change in the following manner if I achieved my goal:
  
4. I would be happier if I achieved my goal because:

Have the answers to the above questions helped you realize that you truly are willing to commit the time, energy, emotions and resources necessary to achieve my goal?

Now the fun begins, you have made a commitment to yourself; you have clarified the exact feeling that you want each and every day.

As with any good plan, starting with baby steps is the best way to make forward progress. Changing your lifestyle is no easy task and as much as this is all about lightening and enlightening your life, I understand that any change even the small stuff can sometimes be difficult. I am here to support you along the way!

I feel there are 5 critical steps along the path to successfully creating an extreme self care lifestyle. There are many, many ways to move through each step.

**First**, Daily habits, these are very easy and only take 5-30 minutes each day. They get us in touch with our true authentic selves; they allow us to find our souls passions and paths.

**Second**, Stress Elimination, for many of us we are so caught up in the daily stress of work and life that we do not feel capable of a spare minute let alone a moment of peace and quiet. The small quiet voice can not be heard until we sit still in silence.

**Third**, Spiritual wellbeing, even if you are not a spiritual person, you must take care of your spirit, participating in meaningful activities that speak to your values and passions, allows us to stand in our own light.

**Fourth**, Extreme Pleasure, we all need something to look forward to, what do you consider extreme pleasure? Me, I think of a hotel room with a Jacuzzi tub, with candles and great music all to myself. Oh don't forget the triple chocolate cake order from room service.

**Fifth**, Support System, you don't need to move through this alone, creating support systems around you will make the transition easier. A coach can help you clarify your end goal and assist you with staying focused as you move toward the goal. A coach will hold your vision for you while you make the changes required.

Today we are starting on the First 10 Steps, these 10 very easy baby steps will ease your mind and your heart and create a very small piece of peace and serenity in your life.

I highly recommend and participate in these activities every day! These are very easy to incorporate into your everyday lifestyle once you have made the decision to do so.

Keep in mind that it will take 4-8 weeks to develop these into habits that you will start coming naturally to you. So for the next 8 weeks, you will need to commitment to these actions. If one day you do great and the next day you do awful, it doesn't matter, start the next day with renewed commitment and have a great day.

Above all else remember that this is for you! Because you want to feel better about yourself, you want to feel healthier, you want to have more energy, you want to enjoy each day of your life to the fullest.

*"In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. Our life is a long and arduous quest after Truth". ~ Mahatma Gandhi (1869 - 1948)*

## Day 1

**Nourishing Getup Ritual** – Nourishing to your soul and body.

Some simple things that help, pick an alarm clock that has a nice sound or use the radio so that you wake up to music. I give myself a few extra minutes in the morning, this allows me to wake up and stretch my way awake, with out feeling the rush, rush of the day. I have made it a practice to get up with enough time to get myself up, showered and ready before it was necessary to get the kids up.

My morning goes something like this, I spend about 15 minutes laying in bed just letting myself wake up and stretching, you know like cats. I head for the shower, lots of time and lots of hot water, in our house that is definitely a consideration.

*"I believe in getting into hot water; it keeps you clean."*  
*~ G. K. Chesterton (1874 - 1936)*

Now I have some quiet time, to plan my day, or write in my journal. I do this on in silence, no music, no people and no TV.

It is a very relaxing way to start the day. Now you are saying "just how am I going to do that?" or "My little ones wake up too early to do that", you're right, your life is not exactly that same way mine is, and I am lucky right now to have only teenagers in the house, rather than babies.

The point start something... even if the only thing you do is wake up 15 minutes early and drink your juice in silence while you are writing your "To Do" list for the day. And for gosh sake, have a proper breakfast, your body has just spent the last 6 or 8 hours with no incoming food. Now is the time. It is important and matters, because you are important!

*"Water is the most neglected nutrient in your diet but one of the most vital".*

*~ Kelly Barton*

## Day 2

**Drinking 8 glasses of water** – Our bodies need water, simple as that, we don't give it enough. We drink, juice, coffee, soda, all with sugar and many other extras.

Pure water is the goal! I don't mind admitting this one is hard for me, I would prefer juice or soda. But water is what our bodies need.

I like to keep a 1 litre bottle on my desk at work, drink 2 of these during the work day; I try for one before lunch and one after lunch. This is the minimum requirement for the day; any other water you drink at home before or after work is a bonus.

Once you are into the habit it will be much easier to do. Keep in mind that drinks with caffeine in them will dehydrate you and you must drink more water to compensate.

I am not a health care professional and will never profess to be, I am sure you are all aware of multiple websites and professionals who can give you all the details if you need additional information.

*"It is health that is real wealth and not pieces of gold and silver."*

*~ Mohandas Gandhi*

*"We lift ourselves by our thought, we climb upon our vision of ourselves. If you want to enlarge your life, you must first enlarge your thought of it and of yourself. Hold the ideal of yourself as you long to be, always, everywhere - your ideal of what you long to attain - the ideal of health, efficiency, success".*

*~ Orison Swett Marden (1850 - 1924)*

### Day 3

**Eat Well** - Again I am not a Health Care Professional, but there are some simple facts of life here. We need to eat to provide energy for our bodies. The food we eat needs to be quality food that will regulate and fuel our bodies efficiently.

You need to find a system that works well for your body, your belief system, your lifestyle. Take care to visit a professional and do your research; don't leave your health to chance. Take care of your health that same way you would take care of your child or your partner.

*"...happiness gives us the energy which is the basis of health".*

*~ Henri-Frédéric Amiel*

*"The most wasted of all days is one without laughter."*

*E E Cummings (1894 - 1962)*

## Day 4

**Laugh a Lot!** - Scientists have found that laughter is a form of internal jogging that exercises the body and stimulates the release of beneficial brain neurotransmitters and hormones. Positive outlook and laughter is actually good for our health!

**Adults laugh approximately 15 times per day, while children laugh about 400 times a day!** When we grew up, somehow we lost a few hundred laughs a day. By learning to smile and laugh again, more easily and often, we could have a profound and positive effect on our health and well being.

The new science of psychoneuroimmunology is the study of how our state of mind affects our health. More than ever, scientific evidence suggests that laughter really is one of the best medicines. by Drs. Gael Crystal & Patrick Flanagan

Need I say more, it is scientifically proven. Besides the health aspects Laughing just feels great. It raises the level of well-being, not just for you the laughter, but also all other people around you! Laughter is very infectious, laughing and enjoying life, rubs off on everyone around you.

If you really feel uncomfortable and this is reaching right out of your comfort zone, spend some times with your kids! They will enjoy it and you will have the perfect cover to get your 400 laughs of the day in.

*"Sometimes the laughter in mothering is the recognition of the ironies and absurdities. Sometime, though, it's just pure, unthinking delight."*

*~ Barbara Schapiro*

*To resist the frigidity of old age one must combine the body,  
the mind and the heart - and to keep them in parallel vigour,  
one must exercise, study and love.*

*~ Karl von Bonstetten*

## Day 5

**Exercise your body** - Again I am not a Health Care Professional, but there are some simple facts of life here. Our bodies need to move to stay functioning well. Visit your Health Care Professional and do your research, pick the method that works with your lifestyle.

Over the next few weeks I will tell you about some things that I like to do and why and how they have benefited me. I will explain how they added power to your life and how they show your body that you love it and fully appreciate all it does for you.

*"Time And health are two precious assets that we don't recognize and  
appreciate until they have been depleted".*

*~ Denis Waitley*

*"Reading is to the mind what exercise is to the body".*

*~ Sir Richard Steele*

## Day 6

**Exercise your brain** - In a recent study, researchers set out to improve the brain function in older people.

- They focused on: Memory training. The subjects did brain teasers and crossword puzzles several times a day.
- Exercise. They stretched and walked each day.
- Diet. They ate five meals a day to maintain balanced blood sugar, and their meals included plenty of omega-3 fats and antioxidants.
- Stress. In addition to stretching, the subjects did relaxation exercises.

At the end of two weeks, all of the subjects showed marked improvement on their brain scans ... and they performed better on the cognitive tests. A control group showed no changes.

Like the rest of your body, you have to give your brain the right fuel, adequate rest, and regular exercise for it to work properly. So take a break here and there to do a crossword puzzle. Or pull out that game of Scrabble and enjoy an evening with some friends. It'll do your brain some good.

*"The test and use of a man's education is that he finds pleasure in the exercise of his mind".*

*~ Carl Barzun*

*"Writing about one's own life, it is only when one writes about the most intimate and seemingly idiosyncratic details that one touches others".*  
~ Susan Griffin

## Day 7

**Write in a journal** – This is a practice that some people do naturally, they may have started as kids and continued it on from there. For us adults that have never used journaling it can feel very imposing when first starting out.

Keep a couple of things in mind. Definitely write with a paper and pen, it is all about the mental and emotional fulfillment that comes with actually writing in your own hand writing.

No one is going to read these, so do not write to please other people. Write things that are on your mind, no matter how insignificant that you feel they are. Write the good stuff and the not so good stuff.

Writing allows you to clear your subconscious of things that you are worrying about. It allows you to voice things that you are grateful for and it allows you to work through issues with other people.

I recommend writing in the morning and at night... if only one time is available then do it at night. Writing at night allows you to write all your concerns and worries, once they are out of your head, you will be able to sleep much better.

*"A man's mind, stretched by new ideas,  
may never return to its original dimensions".*

~ Oliver Wendell Holmes Jr.

*"A strong positive mental attitude will create  
more miracles than any wonder drug".  
~ Patricia Neal*

## Day 8

**Positive Mental Attitude** – Another decision, needs to be made here...  
You need to make up your mind that you will always be positive.  
Some days are harder than others I know, but once you realize you  
have slipped into a negative frame of mind. Refocus and get back to  
being positive.

Positive Mental Attitude creates a whole aura around you, people  
enjoy your company, you are able to accomplish what you set out to.  
It affects all other areas of your life.

*"Human beings, by changing the inner attitudes of their minds, can change  
the outer aspects of their lives".*

*"The greatest discovery of my generation is that a human being can alter his  
life by altering his attitudes of mind".*

*~ William James (1842 - 1910)*

*"There are many kinds of smiles, each having a distinct character. Some announce goodness, and sweetness, others betray sarcasm, bitterness, and pride; some soften the countenance by their languishing tenderness, others brighten by their spiritual vivacity".*

*~ Johann Kaspar Lavater*

## Day 9

**Smile every day** – Even if have to force yourself in the beginning to smile, just smile. You soon will believe it and your body will start to do it with out even having to think about it. Like laughter is it infectious, you smile, other people around you will smile.

*"It is almost impossible to smile on the outside without feeling better on the inside."*

*~ Author Unknown*

*What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but, scattered along life's pathway, the good they do is inconceivable.*

*Joseph Addison (1672 - 1719)*

*"Put duties aside at least an hour before bed and perform soothing, quiet activities that will help you relax".*

*~ Dianne Hales*

## Day 10

**Relaxing Bedtime Ritual** – Just as with the Morning Ritual a Bedtime ritual is needed, the routine of specific items allows our bodies to know it is the time to sleep. Just as we do with children we need to do for ourselves. Find the methods that work for you! Some find a hot shower or bath, reading a book, writing in your journal, practicing meditation, listening to quiet music.

As little as 30 minutes of relaxation before bed can impact the quality of our sleep.

Getting enough sleep – As a professional and as a mother, I can understand more than anyone, the mountains of tasks that we feel we need to accomplish each day. I also understand as a human, that each person has their particular sleeping patterns. As your coach and mentor, I am telling you, find the right number of hours of sleep for your person and then find a way to get that at all costs.

Sleep deprivation can lead to car accidents, a long list of health issues, lack of performance at work, irritability with family and friends, and down right bitchiness.

Chores can wait, have a power nap, go to bed 30 minutes earlier, plan our evening rituals so that the sleep that you do get is quality sleep. There are many ways to improve your sleep.

*"If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it."*

*~ Herodotus (484 BC - 430 BC)*