

—PURE—

Whole-Food & Plant-Based Support

Workbook

Module Ten

Self Care – Day 1



Use these tables to keep track of your activities in fifteen minute increments over three days. Be sure to write down everything you do – it will be worth the effort it takes to track this closely!!

TIME	ACTIVITY
5:00 AM	
5:15 AM	
5:30 AM	
5:45 AM	
6:00 AM	
6:15 AM	
6:45 AM	
7:00 AM	
7:15 AM	
7:30 AM	
7:45 AM	
8:00 AM	
8:15 AM	
8:30 AM	
8:45 AM	
9:00 AM	
9:15 AM	
9:30 AM	

Self Care



TIME	ACTIVITY
9:45 AM	
10:00 AM	
10:15 AM	
10:30 AM	
10:45 AM	
11:00 AM	
11:15 AM	
11:30 AM	
11:45 AM	
NOON	
12:15 PM	
12:30 PM	
12:45 PM	
1:00 PM	
1:15 PM	
1:30 PM	
1:45 PM	
2:00 PM	
2:15 PM	
2:30 PM	
2:45 PM	

Self Care



TIME	ACTIVITY
3:00 PM	
3:15 PM	
3:30 PM	
3:45 PM	
4:00 PM	
4:15 PM	
4:30 PM	
4:45 PM	
5:00 PM	
5:15 PM	
5:30 PM	
5:45 PM	
6:00 PM	
6:15 PM	
6:30 PM	
6:45 PM	
7:00 PM	
7:15 PM	
7:30 PM	
7:45 PM	
8:00 PM	

Self Care



TIME	ACTIVITY
8:15 PM	
8:30 PM	
8:45 PM	
9:00 PM	
9:15 PM	
9:30 PM	
9:45 PM	
10:00 PM	
10:15 PM	
10:30 PM	
10:45 PM	
11:00 PM	
11:15 PM	
11:30 PM	
11:45 PM	
MIDNIGHT	

Self Care – Day 2



TIME	ACTIVITY
5:00 AM	
5:15 AM	
5:30 AM	
5:45 AM	
6:00 AM	
6:15 AM	
6:30 AM	
6:45 AM	
7:00 AM	
7:15 AM	
7:30 AM	
7:45 AM	
8:00 AM	
8:15 AM	
8:30 AM	
8:45 AM	
9:00 AM	
9:15 AM	
9:30 AM	
9:45 AM	
10:00 AM	

Self Care – Day 2



TIME	ACTIVITY
10:15 AM	
10:30 AM	
10:45 AM	
11:00 AM	
11:15 AM	
11:30 AM	
11:45 AM	
NOON	
12:15 PM	
12:30 PM	
12:45 PM	
1:00 pm	
1:15 PM	
1:30 PM	
1:45 PM	
2:00 PM	
2:15 PM	
2:30 PM	
2:45 PM	
3:00 PM	
3:15 PM	

Self Care – Day 2



TIME	ACTIVITY
3:30 PM	
3:45 PM	
4:00 PM	
4:15 PM	
4:30 PM	
4:45 PM	
5:00 PM	
5:15 PM	
5:30 PM	
5:45 PM	
6:00 PM	
6:15 PM	
6:30 PM	
6:45 PM	
7:00 PM	
7:15 PM	
7:30 PM	
7:45 PM	
8:00 PM	
8:15 PM	
8:30 PM	

Self Care – Day 2



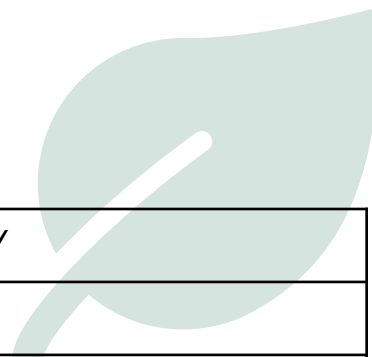
TIME	ACTIVITY
8:45 PM	
9:00 PM	
9:15 PM	
9:30 PM	
9:45 PM	
10:00 PM	
10:15 PM	
10:30 PM	
10:45 PM	
11:00 PM	
11:15 PM	
11:30 PM	
11:45 PM	
MIDNIGHT	

Self Care – Day 3



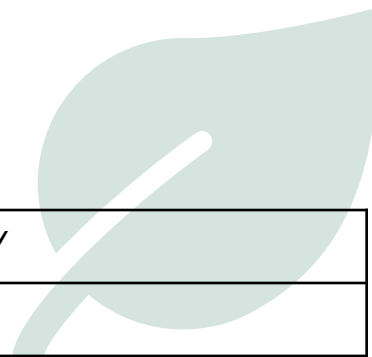
TIME	ACTIVITY
5:00 AM	
5:15 AM	
5:30 AM	
5:45 AM	
6:00 AM	
6:15 AM	
6:30 AM	
6:45 AM	
7:00 AM	
7:15 AM	
7:30 AM	
7:45 AM	
8:00 AM	
8:15 AM	
8:30 AM	
8:45 AM	
9:00 AM	
9:15 AM	
9:30 AM	
9:45 AM	
10:00 AM	

Self Care – Day 3



TIME	ACTIVITY
10:15 AM	
10:30 AM	
10:45 AM	
11:00 AM	
11:15 AM	
11:30 AM	
11:45 AM	
NOON	
12:15 PM	
12:30 PM	
12:45 PM	
1:00 pm	
1:15 PM	
1:30 PM	
1:45 PM	
2:00 PM	
2:15 PM	
2:30 PM	
2:45 PM	
3:00 PM	
3:15 PM	

Self Care – Day 3



TIME	ACTIVITY
3:30 PM	
3:45 PM	
4:00 PM	
4:15 PM	
4:30 PM	
4:45 PM	
5:00 PM	
5:15 PM	
5:30 PM	
5:45 PM	
6:00 PM	
6:15 PM	
6:30 PM	
6:45 PM	
7:00 PM	
7:15 PM	
7:30 PM	
7:45 PM	
8:00 PM	
8:15 PM	
8:30 PM	

Self Care – Day 3



TIME	ACTIVITY
8:45 PM	
9:00 PM	
9:15 PM	
9:30 PM	
9:45 PM	
10:00 PM	
10:15 PM	
10:30 PM	
10:45 PM	
11:00 PM	
11:15 PM	
11:30 PM	
11:45 PM	
MIDNIGHT	

Self Care



When your three days are up, go over your list and highlight the actions that were worthwhile.

- ☐ Circle the enjoyable and inspiring actions – keep these!
- ☐ Cross out the actions that were non-productive or self-destructive
- ☐ Add up the time spent on the non-productive and self-destructive over the three days and then divide that number of minutes by 3. This is the time EACH DAY that you can use for self-care without having to alter your productivity in the slightest.

Self Care



Now that you have found some extra time in your days, let's explore some of the things you would like to do. Ask yourself - what feeds your soul? What makes you feel better, stronger, and more energized? What helps to de-stress and relieves the burden of the day? List 10 items that fit these criteria:

Self Care



Of these ten, what are two that you can commit to add to your schedule before the end of the week?

Make sure to share your choices with your coach and online group if you have one!