

# #selfcare\_in\_september

@back2basics\_kris

## Week 4

Self-care through  
self-authenticity

September 19 Monday

Today I am taking one thing from "My Happy List" and making time for it this week.  
Also: Today I honor my authentic self. I am making a list of how I live – or how I can live more – in accordance with my authentic self.

September 20 Tuesday

"I know my core values and I live by them". First I'll be listing 5 of my most significant core values. Secondly I'll be adding one sentence to each value explaining how I live – or how I can live more – by this value in my everyday-life.

September 21 Wednesday

Today I am going to create "My Ideal Daily Routine". Hour-by-hour:  
How does a great everyday look for me?  
What does it include? And when?

September 22 Thursday

Looking at "My Ideal Daily Routine" – taking my core values and authenticity into account – I am putting into words 3 things I can do to achieve my ideal routine daily.

September 23 Friday

I choose to focus on learning instead of failure. Today I am taking 3 "failures" from the last month and translating them into learning. From now on there is no failure, only "What did I learn".

September 24 Saturday

"Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are". Today I am putting into words 3 things I need to accept about myself in order to live authentically.

September 25 Sunday

Finishing the week strong by writing this sentence 5-10 times:  
"I choose to be happy, proactive, and grateful while loving, accepting, and caring for myself".

Drawn by @sofie\_buch