

THE ULTIMATE GUIDE TO GUILT-FREE SELF-CARE

By Certified Master Life Coach Tina Haisman

A Life Designed

WITH TINA HAISMAN



TINA HAISMAN COACHING

239-292-2882 | tina@haisman.net

WELCOME

The Ultimate Guide to Guilt-Free Self-Care

Hi there!

Welcome to the Ultimate Guide to Guilt-Free Self-Care! My name is Tina Haisman. I am a Certified Master Life Coach.

I teach busy moms how to get everything done and still have time and energy for themselves and their families. My passion is for helping women create more heart-to-heart connection with their husband and children so they can feel deeply fulfilled in those most important relationships.

The key to achieving this is self-care. But not just any self-care. Wholistic self-care. **Mind. Body. Heart and Soul.** Manicures, pedicures and massages are great! But they alone are not enough to help you feel whole.

Most of us know this, but we still find ourselves setting aside our own needs in order to meet the needs of others. This guide is going to help you look at self-care in a whole new way and give you permission to get started taking care of you right now!

Just follow the action steps in each section and use the journaling page at the end.

I know taking a journey of self-care and self-love is easier said than done, so if you would like a little guidance and accountability as you work on it, please reach out to me to discover how coaching can help you feel like your best, most deeply-connected, joy-filled, purpose-driven self.

All my love,

Tina

TINA HAISMAN COACHING

239-292-2882 | tina@haisman.net

CLEAR YOUR MIND

The Ultimate Guide to Guilt-Free Self-Care

As moms we get very little sleep. But that lack of sleep is not what is making us so tired.

What is making us so tired is the mental work of motherhood. Every day, we do all the things for all the people, but what you don't see—what no one can prepare us for—is the way we are all constantly MENTALLY assessing and tending to the well-being of each one of our children (and our husbands, of course).

It's like a merry go round that never stops spinning. Don't forget this. Don't forget that. Remember this. Remember that.

So, the first step in self-care is to get off of the merry go round so we can settle down. Be more clear. Be more calm.

Here's how to do it:

- Get out a piece of paper and write down everything that is on your mind – everything you need to do, everything you need to remember, everything that is stressing you out.
- Leave the list out somewhere you can see it throughout the day so you can add to it, if other ideas come to you.
- Pick 1-3 things to accomplish from this list each day, and before long, you'll be feeling free as a bird!

This process is going to bring you a lot of mental peace. It's self-care for your mind.

TINA HAISMAN COACHING

239-292-2882 | tina@haisman.net

CARE FOR YOUR BODY

The Ultimate Guide to Guilt-Free Self-Care

I know ... In this demanding season of motherhood it can feel very overwhelming to take time to take care of your body.

But, what if I told you it's not about perfection. It's about progress.

We don't have to go out and run a marathon. Or start the Whole 30 diet tomorrow. But we can start with some reasonable goals.

Also, I want you to notice what is going on with your body? Are you having chronic headaches? Is your neck stiff, or your shoulders burning? Are you. Just. So. Exhausted? What is causing this?

Girlfriends. This is serious business. We have got to take care of ourselves. We have got to make ourselves a priority. It's not a luxury.

Here are your action items:

- If you need to eat better, pick one meal to work on this week and make it healthier.
- If you need to exercise, start small. Go for a walk.
- If you're exhausted, try to find an extra 15-30 minutes of sleep each day this week. It adds up!
- If you have been putting off seeking medical care for a concern, please make that appointment today!

Girls, lets make sure these bodies of ours are able to function at full capacity.

TINA HAISMAN COACHING

239-292-2882 | tina@haisman.net

GATHER YOUR GRATITUDE

The Ultimate Guide to Guilt-Free Self-Care

This tool is a miracle-worker. It can make a good day great and a bad day better.

Gratitude slows us down and brings us into the present moment where we can see all of the blessings God has given us each day.

When we focus on gratitude, we see how much we have to be thankful for. It takes our attention off of our problems and helps us focus on the positive.

Gratitude opens the door for continued blessings. It makes us feel refreshed and renewed.

I am often thankful for some basic things: my relationship with God, my family, my friends, my health, sleep, my home ... But I also look things to be thankful for that are unique to each day. Like the smile of a stranger. Or the cuddle of a child. Or saving money on my grocery bill. What are you grateful for?

Here are your daily action items:

- During quiet time, write down at least 3 things you are grateful for and WHY you feel grateful for them.
- Find new things each day to be thankful for.
- Do this for at least 7 days in a row before deciding if it is for you or not. Magic happens on the 7th day!

Most people that start this practice report still feeling happier 6 months later – wanna know why? Because they never stopped once they started! This is self-care for your mind and your heart.

TINA HAISMAN COACHING

239-292-2882 | tina@haisman.net

CULTIVATE YOUR CREATIVITY

The Ultimate Guide to Guilt-Free Self-Care

God blessed each one of us with unique skills, abilities & passions. These things make us uniquely us! They give us joy! They bring fun memories!

But far too often we give some of these things up when we become mothers. We feel like we don't have time, because of the demands from others.

I have great news for you! We don't have to give up our passions and interests once we become mothers. And we shouldn't!

God gave us this gift of creativity, and he loves to see us use it!

If you take the time to re-explore your creativity, you will be happier and even function better as a mother and wife.

Here are your action items:

- Take some time to remember what you used to love to do. Was it reading, writing, exercising, painting, jewelry making? Then choose one thing to add back into your life in the next week.
- Incorporate creativity within the life you're already living. Ask yourself, where can I be creative in my life today? For example, perhaps you could add in some humor where you might normally lecture. Or maybe you could try some new dinner recipes for your family. Or what if you changed up the order of how you do things each day? Let your creativity guide you!

The opportunities are endless if you look for them. Every day does not have to be the same! I hope you'll take the time to enjoy this self-care for your mind and heart!

TINA HAISMAN COACHING

239-292-2882 | tina@haisman.net

GET IN GOD'S WORD

The Ultimate Guide to Guilt-Free Self-Care

Girlfriend, you already know this – God’s Word is TRUTH. God’s Word speaks life. God’s Word heals. God’s Word answers almost every question we have about our purpose in life.

I like to think of the Word of God as fuel for my spirit. Just as we fuel our bodies with food, we must fuel our spirit with the Word.

Scripture can be so motivating and enlightening and comforting. It guides us in all of the situations of our life.

The Bible isn’t some old book that is no longer relevant. Much to the contrary, the scriptures are living and active.

And the Holy Spirit uses them to speak personally to us in order to give us direction and empower us to live in a way that is honoring to the Lord and brings peace to our souls.

So, how do we make reading the Bible bear fruit in our lives? How do we personalize it?

Here are your action items:

- Read at least one Bible verse every day. Reflect on it for a few minutes before moving on.
- Look for a devotional book or use an app, like Bible.
- Consider joining a local Bible study or start one with friends.

TINA HAISMAN COACHING

239-292-2882 | tina@haisman.net

NOTICE GOD'S ACTIVITY

The Ultimate Guide to Guilt-Free Self-Care

God wants to have a personal relationship with each one of us. In fact, he created us specifically for that.

God is trying to talk to each one of us every moment of every day. We just have to look for it.

One easy way to spot God in action is to look for “coincidences” or answers to prayer.

Maybe you received an \$289 check when you had an extra \$289 bill to pay. Or, maybe he put a book in front of you that helped you solve a problem you were having. Or maybe he put the right person in your path at just the right time.

If you will begin to look for these “coincidences,” I promise you, you will see His activity in your life. It's so much fun!

Here are your action items:

- Become aware that God is active in your life and get in the habit of looking for it.
- Look for “coincidences” and answered prayers; and consider if, perhaps, they are something more!
- Write down each day where you see God active in your life. This will help you stay aware!

If you need a prayer to help you, ask, “Lord, open my eyes to see where you are working.” Then the Holy Spirit will show you.

TINA HAISMAN COACHING

239-292-2882 | tina@haisman.net

SELF-CARE JOURNALING PROMPTS

The Ultimate Guide to Guilt-Free Self-Care

What is on my mind?

What is my body telling me?

--	--

What am I grateful for?

How am I nurturing my creativity?

--	--

What is the scripture for today?

Where am I seeing God's activity?

--	--

TINA HAISMAN COACHING

239-292-2882 | tina@haisman.net