


**Five Essential Strategies To Make Self-Care A Higher Priority**


Jones Loflin



1

**For Those Who Can't Wait...**

End your shower with cold water  
Practice 20-20-20  
Unfollow people who bring you down  
Breathe to 4-7-8  
Only check your phone AFTER your morning routine  
Stretch  
Do nothing for 10 minutes... I mean NOTHING!



Five Essential Strategies To Make Self-Care A Higher Priority Jones Loflin

2


\ ,self-'ker \

A conscious act you take to improve your own well-being.

Five Essential Strategies To Make Self-Care A Higher Priority Jones Loflin

3

Your "Three Rings"



Five Essential Strategies To Make Self-Care A Higher Priority Jones Loflin

4

**1**  
**Stop Lying To Yourself**



Five Essential Strategies To Make Self-Care A Higher Priority Jones Loflin

5

Stop Lying To Yourself

*I don't have time!*

Five Essential Strategies To Make Self-Care A Higher Priority Jones Loflin

6

Stop Lying To Yourself

*Other people need me!*

Five Essential Strategies To Make Self-Care A Higher Priority Jones Loflin

7

Stop Lying To Yourself

*I'll have more time later!*

Five Essential Strategies To Make Self-Care A Higher Priority Jones Loflin

8

**2**  
**Assess Your Needs**



Five Essential Strategies To Make Self-Care A Higher Priority Jones Loflin

9

### Assess Your Needs

The Berkeley Well Being Quiz 3.0  
University of MN Well Being Assessment

Five Essential Strategies To Make Self-Care A Higher Priority **James Loflin**

10

### Assess Your Needs

Rate yourself on a scale of 1-10 on your current level of self-care in the following areas.

1-Non-existent      5-Weak plan      10-Got it figured out

<b>Physical</b>	<b>Financial</b>
<b>Mental</b>	<b>Relational</b>
<b>Emotional</b>	<b>Professional</b>
<b>Spiritual</b>	

Five Essential Strategies To Make Self-Care A Higher Priority **James Loflin**

11

### 3 Build A Plan

Five Essential Strategies To Make Self-Care A Higher Priority **James Loflin**

12



13

### Question

*What's hard for you because you aren't as organized as you should be?*

Five Essential Strategies To Make Self-Care A Higher Priority **James Loflin**

14

### Build A Plan

	Daily	Weekly	Monthly	Quarterly	Annually
Physical					
Mental					
Emotional					
Spiritual					
Financial					
Relational					
Professional					

Five Essential Strategies To Make Self-Care A Higher Priority **James Loflin**

15

### Set Time Specific Goals

I give myself 10 minutes for me every morning.

Five Essential Strategies To Make Self-Care A Higher Priority **James Loflin**

16

### Time Blocks

Self Care	Strategic	Administrative	Email	Relational	Deep Work
<ul style="list-style-type: none"> <li>Exercise</li> <li>Reading</li> <li>Relaxation</li> </ul>	<ul style="list-style-type: none"> <li>Review of goals</li> <li>Assessment of progress</li> </ul>	<ul style="list-style-type: none"> <li>Email</li> <li>Repairs</li> <li>Little things</li> </ul>	<ul style="list-style-type: none"> <li>More than just checking it</li> </ul>	<ul style="list-style-type: none"> <li>Intentional interaction with others</li> </ul>	<ul style="list-style-type: none"> <li>Tasks that take longer than 30 minutes</li> </ul>

Five Essential Strategies To Make Self-Care A Higher Priority **James Loflin**

17

### Start Small Routines

3 Keys To Success

Motivation

Ability


Prompt

Five Essential Strategies To Make Self-Care A Higher Priority **James Loflin**

18

### Make A Mantra

I want to.....



Five Essential Strategies To Make Self-Care A Higher Priority **Jones Loflin**

19

### SPICE Up Your Self Care

- Social
- Physical
- Intellectual
- Creative
- Emotional
- Spirituality



Five Essential Strategies To Make Self-Care A Higher Priority **Jones Loflin**

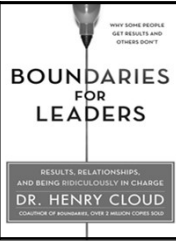
20

### 4 Create Healthy Boundaries



21

*In the end, as a leader, you are always going to get a combination of two things: what you create and what you allow.*



Five Essential Strategies To Make Self-Care A Higher Priority **Jones Loflin**

22

Without boundaries, we run the risk of "losing ourselves" meaning that we don't know how we feel, what we're interested in, or what we want. If you don't set boundaries, you're likely to become resentful and exhausted.

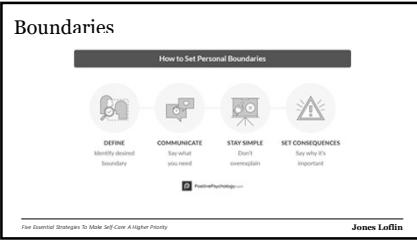
From livewellwithsharonmartin.com

Five Essential Strategies To Make Self-Care A Higher Priority **Jones Loflin**

23

### Boundaries

#### How to Set Personal Boundaries



Five Essential Strategies To Make Self-Care A Higher Priority **Jones Loflin**

24

### Boundaries

	Boundary	Why You Need It	Who Needs To Know
Physical			
Mental			
Emotional			
Spiritual			
Financial			
Relational			
Professional			

Five Essential Strategies To Make Self-Care A Higher Priority **Jones Loflin**

25

### Boundaries

	Boundary	Why You Need It	Who Needs To Know
Physical	20 minutes on weekday 30 minutes on weekend	Feel better	Family
Mental	No SM before 8:15 AM No tech 30 min before bed	Stay positive	
Emotional	I do not engage in arguments based solely on opinion	Waste of my time	
Spiritual	I do not skip my daily reading	Puts my day in perspective	
Financial	No impulse purchases/donations/investments of more than \$25	Minimize regret	
Relational	No "oil drama" conversations	Want to use energy for better things	
Professional	No response to email after 6 PM	Focus on self and relationships	Assistant/Clients

26

### 5 Make Imperfect Progress



27



28

What's one behavior you want to make part of your routine for the next week?

---

Five Essential Strategies To Make Self-Care A Higher Priority **Jones Loflin**

29



30

### Additional Resources

**Weekly 3 Minute Video**  
Email [jones@jonesloflin.com](mailto:jones@jonesloflin.com) with "Weekly"

**Monthly Communication**  
Email [jones@jonesloflin.com](mailto:jones@jonesloflin.com) with "Monthly"



---

Five Essential Strategies To Make Self-Care A Higher Priority **Jones Loflin**

31