



SELF CARE & BOUNDARIES

SELF CARE & BOUNDARY PROTECTION TRACKER

Our self care begins with knowing what is and isn't good for us and creating healthy, consistent boundaries to ensure we're nourishing that which we truly need.

Easy, right? Nope, it's a tricky business and those obligation gremlins will, as sure as night follows day, carefully and sneakily take us away from our islands of comfort, self care and worth.

Let's boundary up, gents! Compete with yourself to consistently perform any combination of self care and boundary objectives to score a target amount of **100** points a day.





SWITCH OFF WORK PHONE AFTER WORK

Making a distinction between our telic (adult world) and paratelic state (where our child and relaxed self thrives) is critical. Dealing with work issues at home when we don't work from home is a no no, and for those of us that do work at home, getting the work phone off is a significant ceremonial act that encourages us to shift to relaxation and focus upon our self care.



SAY NO TO OBLIGATION-BASED REQUEST (HOME OR WORK)

Learning to say no to things that don't make our boat go faster is vital to nurturing our worth and esteem. A habit of 'give give give' becomes part of our self talk about who we are. There's nothing so subtly worrying than hearing the seemingly kind-hearted statement 'I'll do anything for anyone...' Why? Not everyone deserves your time and if it feels like obligation and it's not an emergency, practice saying no.



PLACE OUT OF OFFICE/8AM EMAIL DELIVERY ONTO WORK EMAILS

Stop your emails arriving into others' inboxes and stop theirs arriving in yours after business hours. It's a courtesy to your colleagues and self respect and boundaried practice for yourself. If it's not on fire, it can wait til tomorrow...



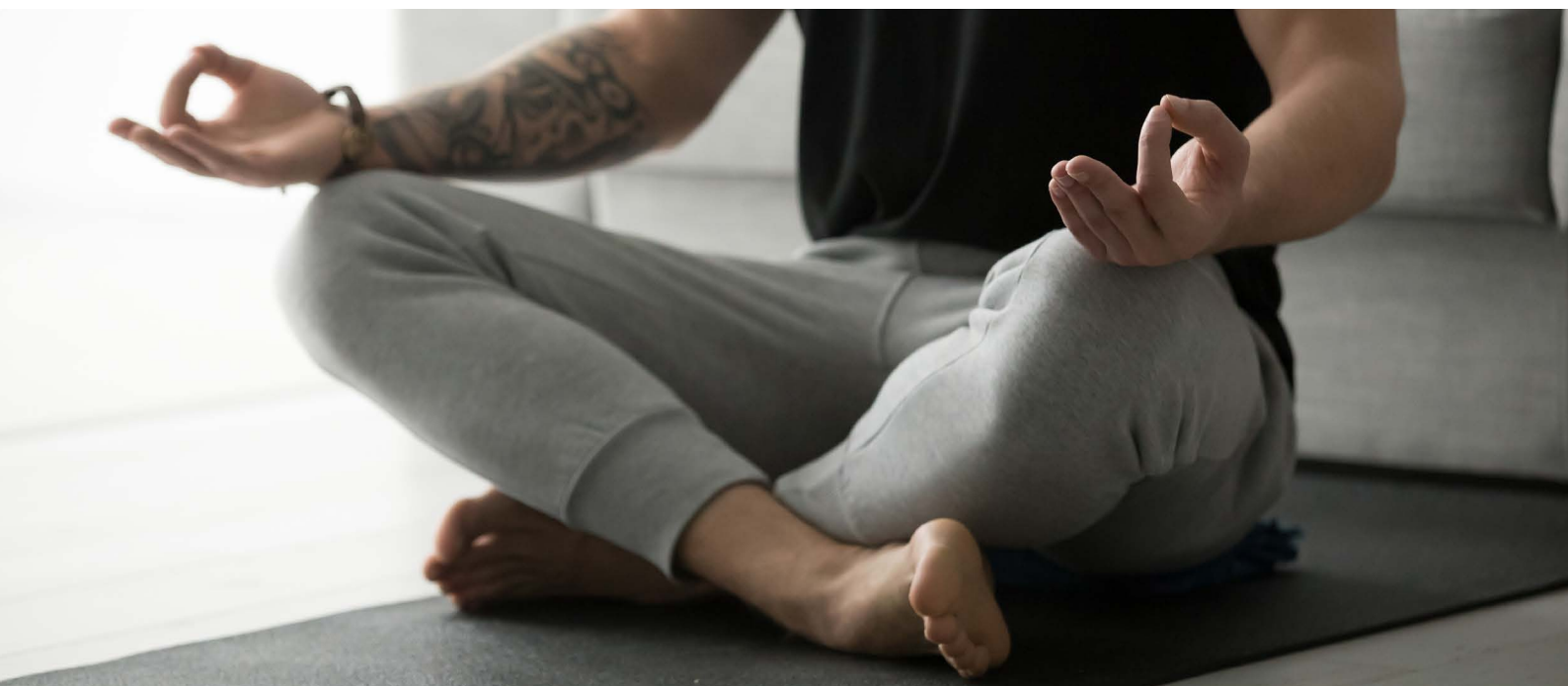
MORNING



EVENING

MORNING OR EVENING 10 MINUTE MEDITATION

Win the morning and seal your day with some gentle meditative and gratitude practice. Trotting out the line that you're no good at meditation isn't an answer. You'll not find a metric that measures 'good' meditation or yoga so sit with it and listen to whatever comes up. We're not zen warriors or Dhalsim from Street Fighter (you may have to Google, younger lads!), we're simply checking in with ourselves. Start with aims for your day, finish with gratitudes. Enjoy.





ATTEND OPEN OFFICE

We need one another and connectedness is a huge aspect of self care that we often neglect. Your PTIQ brothers understand your journey and whilst our stories are different, our aims around improvement are the same. Check in and contribute.



ATTEND ANY WORKSHOP

All PTIQ workshops are available on the pod and that's great, right? Course it is. But those live events benefit from attendance, contributions and feedback and that's so much more in abundance when you guys get involved. Your questions are the answers so many of your fellow members need.





WATCH ANY WORKSHOP/ PODCAST OF INTEREST FROM THE LAB

Good self care and connection to the programme when we can't get there in person. Have 10 points and congratulate yourself on a job well done!



NO SOCIAL MEDIA OR SMALL SCREENS AFTER 8PM

Blue screen exposure is one of the most prevalent barriers to REM and restorative, deep sleep. You need that sleep more than you'll ever need reruns of Friends on Netflix or dating apps at 11am. I mean, who ever made meaningful connection at that time of night anyway? Put your phone down 30 mins before bed and enjoy the sleep gains.



MORNING



EVENING

BEDTIME TARGET SET IN THE MORNING OR EVENING

Plan to go to bed and get there having achieved what you set out to do. Any bedtime after 11pm on a week night isn't a bedtime, it's procrastination and valuable rest wasted.



NO WORK TALK 30 MINS AFTER ARRIVING HOME

If you live with friends or a partner, resist the temptation to spend the entire evening indulging work issues further than they could ever possibly be fixed by you and them at home. Update each other, say what you need and settle into an evening. This includes phone calls after you've done to 'mood Hoover' with colleagues. Misery loves company. Don't be home to answer to it.



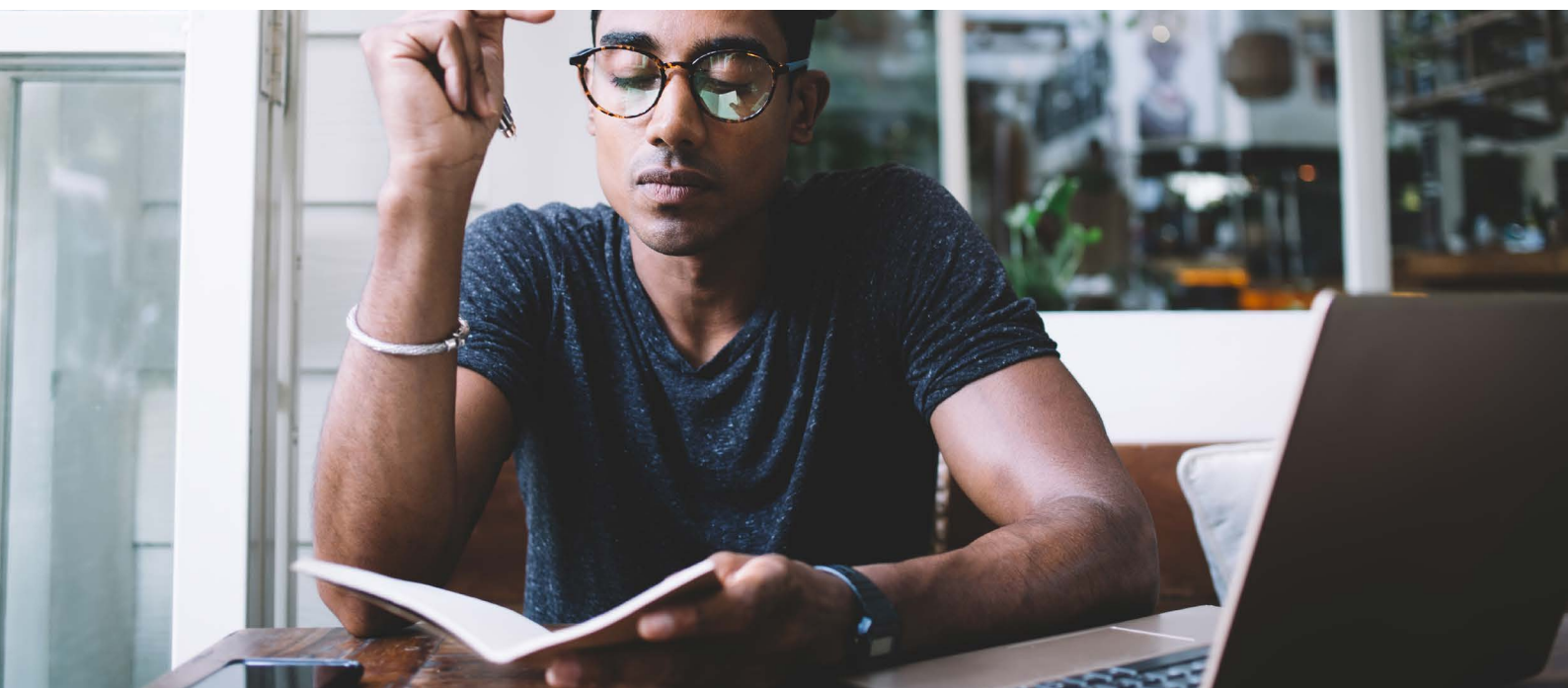
LUNCHTIME WALK OR MEDITATION

A wonderful midday reset button. Mornings can be hectic, meaning our energy and focus is depleted in the afternoon and we end up dreading the final few hours. Reset, reenergise, rehydrate and do some meditation - Calm or Headspace app are great, among others and YouTube has loads of free ones - or take a stroll if you're able and listen to some music or a podcast.



CREATE A JOURNAL ENTRY

Journaling, like meditation, belongs to a flow state that increases the more you do it. Journals are a living document of where you've been, how you've felt and a point in time that will assist you in seeing how far you're progressing - sometimes when you don't feel that you're doing well at all. It's a wonderful way to reflect on your practice as a human being.





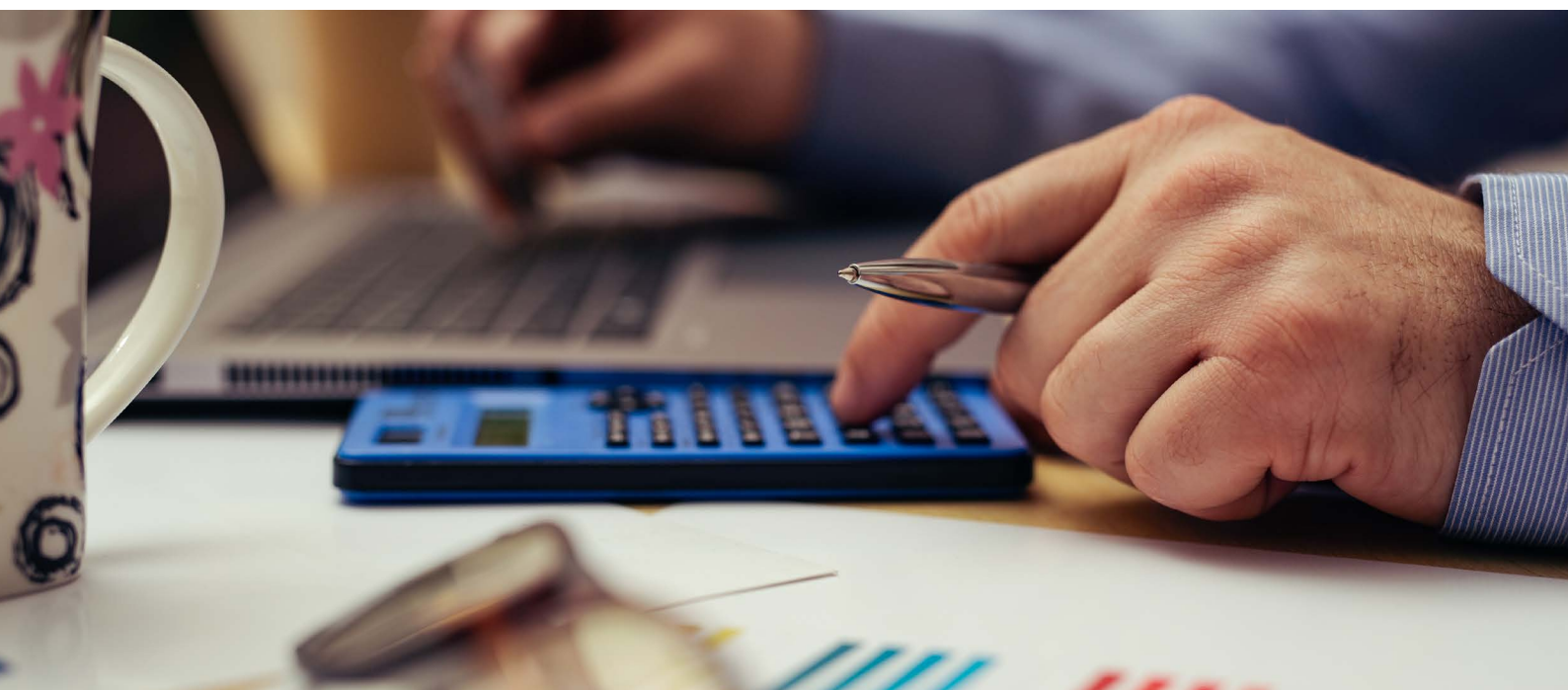
READ FOR AN HOUR BEFORE BED OR ON A WEEKEND

Everyone and their grandma used to read before bed. Now, grandma is on Tinder and Amazon Prime and in the words of Faithless, 'can't get no sleep.' Listen to the grandparents of yore and take time to choose a book that interests you and indulge yourself in some literary escapism before bedtime or over a lazy weekend. You'll sleep much better and may rekindle (no pun intended) a passion for the the printed word.



REACH OUT TO A FRIEND OR MAKE A NEW CONNECTION IN PTIQ

The less we think we need or feel able to make connection, the more we actually need it. Our retreat from others is shame in practice and self care extends to knowing we're absolutely worthy of others. We've such an awesome bunch at PTIQ with shared values and aims - reach out and have a chat! You've probably got that one mate you've been meaning to catch up with for ages too. Make it today.





SOMETHING FINANCIALLY GROWN UP

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BATH, CANDLES, CHOCOLATES

As Keegan says, self care isn't just a bath with candles and chocolates. But sometimes, it really can be. Switch off your phone, play some music, run a lovely bath or nice shower and indulge yourself. Get the posh chocolates out or cook yourself a lovely meal. Like L'Oréal, you're worth it.



DO SOME YOGA

There's no such thing as being good at yoga. It's all about outcome. The least flexible can come away feeling much better and at peace than any would-be Stretch Armstrong if they give it and themselves time and space to practice. YouTube is stocked full of yoga classes for all levels of confidence, and a good local yoga class ticks off other tasks on this list, from connection to work/life balance. Namaste.



CONTACT US

 Keegan@ptiq.co.uk

 m.me/PersonalTrainerIQ

SOCIAL MEDIA

 [@Keeganhirst](https://www.instagram.com/Keeganhirst)

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