

Emotional Self-Care Cheat Sheet for Business Owners

This is a condensed list of some of the more helpful techniques I've come across. Use them as a starting point to developing your own toolbox of self-care and personal growth strategies.

Fear

- Practice relaxing, self-soothing
- Get support – even just one person to talk to
- Take smaller steps
- Do self-listening & self-empathy sessions
- Take your time; don't pressure yourself
- Find your comfort zones & return to them periodically
- Talk to someone who has done it before
- Journal about the worse-case scenario
- Be kind to yourself

Struggle

- Do more of what gives you energy & less of what doesn't
- Uncover limiting beliefs and find examples that counter them
- Cultivate an attitude of welcoming challenges as opportunities to grow
- Accept that learning new skills & creating new things takes time
- Find a mentor or role models
- Self-empower: "I can do this"
- Create a vision you believe in

Overwhelm

- Admit capacity & accept limits
- Prune commitments and focus on what you do best & enjoy most
- Courageously claim own priorities

Procrastination

- Examine standards and release perfectionism
- Focus on intrinsic motivation--what do you enjoy doing regardless of the outcome?
- Get honest with yourself– do you really want to do this?
- Look at your boundaries – could you just say no?

Overwork

- Stop and feel underlying feelings--what are you avoiding by working?
- Track how much you actually work--mindfulness creates change
- Make clear boundaries with time
- Practice new habits for 21 days

Dissatisfaction

- Mourn previous losses
- Accept what you cannot change and focus on what you can
- Clarify actual needs/wants, get specific
- Don't complain, do something
- Choose one thing that would definitely improve your quality of life and make progress toward it every day
- Decide to shift your frame toward gratitude