

December 2009

The Twelve Days of Self Care

It's been a great year, and I've enjoyed teaching and inspiring you how to create meaningful work and work in natural ways that are healthy, productive, and satisfying.

Sure, you may still have some things you want to be different or better, and we can keep working on that in the coming year. What is important is to acknowledge the steps or changes you have made to move towards what you want.

What have you learned or practiced this year to take better care of yourself, build positive workplace relationships, accomplish what's important, and/or create fulfilling work?

If you email me your list of 3-5 steps you've taken, new habits you've developed, or changes you've made that you're proud of, you'll be entered in a drawing to receive a gift certificate for a 1-hour individual session with me. You can use it for yourself or pass it on to a friend or coworker. (Entries must be received by December 22 to be eligible.)

In the meantime, enjoy singing this twist to the song "The Twelve Days of Christmas":

On the 12th day of self-care, I learned to do these things:

Schedule my workload,
Say "no" more often,
Dress for the weather,
Cut down on sugar,
Drink herbal tea,
Simplify gifts,
Plan my time off,
Five deep breaths!
Four walks a week,
Three meals a day,
Two more hours of sleep,
And smile at the people I meet!



May you work at a pace that feels natural, take great care of yourself, enjoy your day, and feel good about what you accomplish.

Have a wonderful holiday and live well,

Christine
MBA, Doctor of Naturopathy