



10-Day Self Care Plan

For the busy business owner



Day One

TAKE A BREAK

Get up and move, every single hour. Stretch for a moment or take a walk when time allows.



Day Two

DELEGATE

There is a task on your plate that someone else can probably do. Delegate and reconsider what you should be taking on as the person in charge.



Day Three

MOVE IT

Go for a run at lunch. Go for a bike ride in the evening. Start your day with some squats! Just get the blood flowing, you'll thank yourself later.



Day Four

REST

Take a nap. Stop work early. Get the shut eye that will make you bright-eyed and ready for tomorrow.



Day Five

EAT WELL

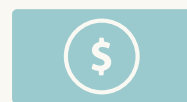
Do you meal-prepare? When you're busy, healthy meals often go by the wayside. Set yourself up for success with good quality food!



Day Six

SAY YES

Does a friend want to meet for lunch? Are you thinking about investing some money into a personal hobby? Indulge yourself. Let that hard work pay off.



Day Seven

TREAT YOURSELF

This is an everyday task. Want another cup of coffee? Get it. Need a moment? Take it. There are small ways to treat yourself every day.



Day Eight

GIVE

Make time to care for others. This can take shape as personal favors or engaging with your community at large. Find opportunities to give back.



Day Nine

LAUGH

Watch a video or carve out an hour to connect with the people who make you belly laugh. Fill your cup to remember that there is more to life than the hustle.



Day Ten

BE GRATEFUL

Practice self care by expressing your gratitude. Thank those around who make what you do possible (that includes yourself!)



Put these in as appointments with yourself on your Outlook or Gmail calendar to make sure self care becomes a priority, not a luxury. And, if you find that you could use a little help creating and maintaining a work/life balance, Ruby's **live virtual receptionists** are always here to help.