

# 5SC<sup>2</sup>

## 5 Self-Care Strategy Challenges

Identify 1 item for each time frame that you can do consistently. Start with what you already do and go from there. It's not about being perfect in these areas but it's about making **progress!**

### 1 Daily

*Exercise for at least 10 minutes (i.e. walk, run, go to gym)*

### 1 Weekly

*Show extravagant appreciation to someone*

### 1 Monthly

*Get a Massage*

### 1 Quarterly

*Trek in a mountain*

### 1 Annual

*Do a major international backpacking trip*

*"It's not about finding meaning in your work and life, it's about **bringing meaning** to your work and life!"*

- Justin Jones-Fosu

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Identify 1 item for each duration that you can do consistently. Start with what you already do and go from there. It's not about being perfect in these areas but it's about making **progress!**

1 Daily

1 Weekly

1 Monthly

1 Quarterly

1 Annual

*"It's not about finding meaning in your work and life, it's about **bringing meaning** to your work and life!"*

- Justin Jones-Fosu