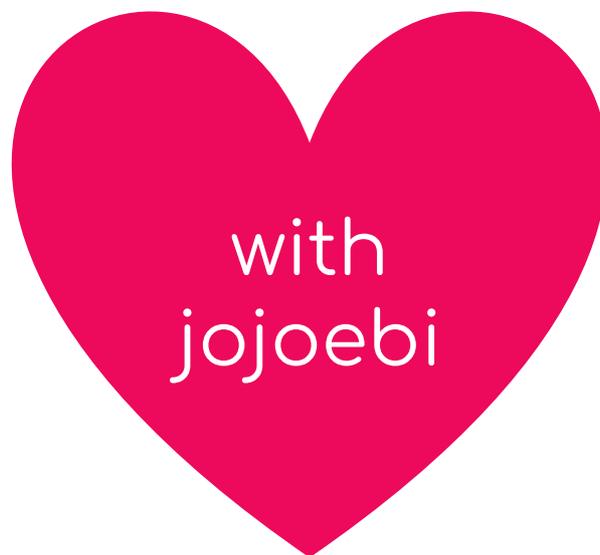


Kaizen Self-Care Challenge Assessment Fun Sheet



What is self care and why should you care?

Self care is anything that involves looking after yourself - whether that be mind, body or soul.

The very over used comparison of being on the aeroplane and the oxygen masks drop, is spot on, you must sort yourself out before you divert your attention to the kids.

If you fall into a coma because of lack of oxygen, what use are you to the kids? Even though it's our natural instinct to put others first, especially the kids, this metaphor is the perfect example so carry it with you.

The oxygen mask scenario plays out in the rest of your life too, if you are not looking after yourself, how can you expect to look after the family?

You owe it to your family to put your needs first.

You owe it to yourself to put your needs first.

And you really need to think about the example you are setting for your kids, what they grow up with is what they will perceive as 'the norm' so if your little girl sees you not taking care of YOU she will think that is what being a mom is about. Little boys will think that this is what to expect from a wife!

The Self Care Spider Graph

What we are going to do is look at the different areas of self care then plot them on the graph. From that you will be able to clearly see what you need to work on.

As this is a kaizen challenge, kaizen meaning improvement, we want to see small improvements through the challenge week. As this is quite a big, juicy topic we will concentrate on 5 of the topics this week.

In My Organized Chaos, each module has a “mama” section so that you are constantly working on yourself as well as the kids and home.

I chose self care for the challenge because I know a lot of moms push themselves to the bottom of the pile. The challenge is to help you turn that around.

As you come to plot out your spider web, think about your average week and how does it fit for each category. No comparing to others, this is your graph and we are all different.

In fact this graph will change through the year as our interests and commitments change. This really is great at seeing where you are right now.

The Categories



Friends

This doesn't mean the number of friends! This is about the connection time you have with your friends. In an average week how much time do you spend with friends? Do you talk on the phone, meet up for coffee, go out for drinks, play sport together, go shopping, have a playdate with the kids?



Fun

How do you rate your weekly fun? Whether it be playing with the kids, taking belly dancing lessons or having a hot date with your sewing machine? Anything that you consider fun, this will be different for all of us.



Exercise

Moving your body is important, do you do some kind of regular exercise, are you in a sports club, do you go dancing, bike to work, daily yoga? This is intentional exercise, not the daily humdrum of running errands and chasing a toddler around the park - although that is good too!

The Categories



Alone Time

Even if you are the most extrovert of extroverts, everyone needs some alone time. Whether it be just to recharge or get your thoughts together or just have a break from it all. Introverts especially need extra alone time. This could be quite time when the kiddio is napping, taking a child-free bath, meditation time, walking home after school drop off...



Mental Workout

Even if you don't consider yourself creative, we all have a creative flair in one form or another, whether that being amazing with a paint set or a number crunching whizz. This section is all about working those brain cells. Doing crosswords puzzles, sudoku, crafting, playing chess, calculating anything, studying... so many ways to get a mental workout!



Family

How much quality time do you spend with the family? Time where you actually connect and talk, and enjoy each other's company? This is time with the kids and time with your partner.

The Categories



Indulge

This one can be a bit of a double edged sword. Indulging Too much can lead to extra wobbly bits or a very sad bank account, not enough and we feel like pants the whole time.

But a indulging a little each day can make a huge difference to self esteem. This doesn't have to mean a full spa weekend but simply, spending time on yourself, doing your hair - yes washing it and styling it! Or putting on some lippy, just because. Enjoying a nice piece of chocolate or taking time to sit and drink your tea whilst reading a magazine. Not over the top but will make you feel better inside and out!



Health Care

This is a little different to the others, this one is about making sure that you are up to date with health checks, the dentist and all that jazz. This is by far the easiest to let slip, put off making the appointment again! And yet, it is probably the most important, if there is something wrong medically, there is a much better survival rate if it is caught early.

HOW TO FILL IN THE SPIDER CHART

Zero is the centre of the web, 10 the outermost point.

Work through each category and give yourself a score between 0 and 1 - BE HONEST with yourself, the only person you will be cheating is yourself if you don't..

This can be hard and if you have been neglecting yourself, then you might feel like sh*t when you look at the final graph.

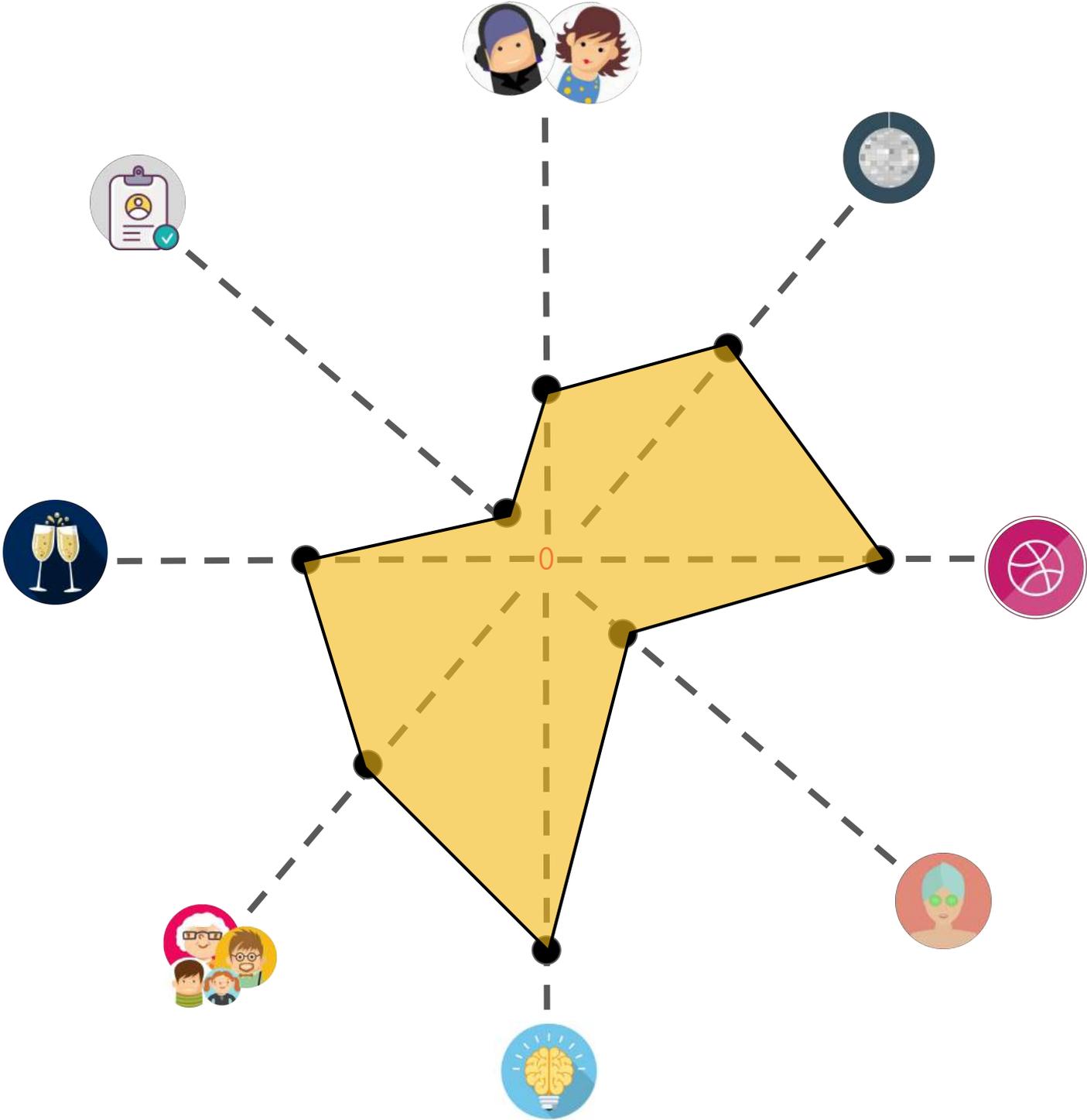
Do NOT throw yourself into a shitstorm of despair!

You have already made a move in the right direction by signing up, and with the kaizen philosophy, you only have to improve one of those sections to have a win! Yay!

Once you have plotted each category, draw a line between the outer points.

That's it. Now you have a clear idea of what you need to work on and what needs improvement.

The Self Care Spider Chart example



The Self Care Spider Chart

Date _____

