

# Philautia Love Outline

Use this outline as a guide for your daily self care routine

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## Gratitude and Appreciation

Gratitude is probably the most important emotion you can have. Allowing yourself moments throughout the day to simply STOP and give thanks to your creator for bringing you through the most challenging moments of your life and even through your day is one effective way to motivate yourself to finish the race!

Try this:

- After you've completed a challenging task, TAKE A DEEP BREATH and acknowledge the fact that you did not quit. You had the will power to continue on successfully.
- Thank God for seeing you through the thing you've accomplished
- Treat yourself to something you LOVE! Use that as motivation to accomplish the next task.

## Process of Elimination

As mentioned in the Philautia Love Ebook, we all have some shedding of toxins we must release in order to progress. Deciding what no longer serves a purpose in your life will lighten the load.

Try this:

- Commit to a clean out. Go through your home and finally get rid of the clutter you've been holding on to for the last century. Useless valuables have the tendency to keep us attached to the wrong things.
- Delete contacts in your address book of people who are no longer serving you a purpose. Ask yourself if the connection is healthy, if not PRESS DELETE!
- Consider your diet, what are you consuming that may be detrimental to your health? GET RID OF IT! Start fresh after all, YOU ARE WHAT YOU EAT!
- Reflect on your daily habits. What habits are you continuing that are causing you to become distracted?

## Hygiene

It is said that the first visible sign of someone battling with mental issues is by their personal hygiene.

Try this:

- Take extra special care of yourself. Use your shower time as your personal meditation time, try saying a prayer or singing your favorite worship song during your shower.
- A minute longer doing simple things such as brushing your teeth or combing your hair is often the much needed long over due TLC you've been missing.

## Financial Discipline

- When was the last time you've balanced your check book or monitored your credit score? Delegate some time monthly to review your expenses. Are you over spending in any area causing you to struggle with saving and investing money?
- Set up automatic bill pay. This will force you to take care of business first. Doing this will also work towards increasing your credit score.. On time bill payments are always a plus and can be reported to the credit agencies.