Self-Care isn’t just important – it’s essential.

Awake Academy with Layne Beachley
Days of Selfcare
Do you ever forget to take care of yourself?

I know you’re busy, and finding the time to take proper care of yourself can be hard. But if you don’t, it won’t be long before you’re battered from exhaustion and operating in a mental fog, where it’s hard to care about anything or anyone.

For many years in my professional surfing career, I rarely took care of myself, and I was always focused on goals, achievements, and meeting the excessive expectations I had of myself. My high tolerance for discomfort meant I juggled all the balls I had in the air — but at the expense of being a well-rounded human being.

I knew I couldn’t continue to live like this.

Something had to change.

So I started small and haven’t looked back since.

The best way to do this is to implement tiny self-care habits every day. Regularly including in your life a little bit of love and attention for your own mind body and soul.

The following ideas are simple activities you can fit into a short amount of time, usually with little cost.

With a little bit of attention to your own self-care, the fog will lift. You’ll feel more connected to yourself and the world around you. Let’s do this!
The habit of leaving the house to go to the office and heading to the gym on the way home are rituals many of us are used to!

But when you work from home those cues disappear and it’s easy to break your good habits. The result? You end up spending more time sitting down.

Day 01
Get Physical, Physical!
(10 minutes minimum)

Our bodies aren’t designed to spend long hours sitting down behind a desk.
Day 02
Check in with Friends & Family

Just Checking In:
5 simple questions to check-in with your friends and family. You can do this over the phone, on FaceTime, or even six feet apart — and it only takes ten minutes.

1. How are you feeling today, physically and mentally?
2. What’s taking up most of your head space right now?
3. What was your last full meal, and have you been drinking enough water?
4. What did you do today that made you feel good?
5. What’s something you’re looking forward to in the next few days?
Day 03
Practice Positive Self-talk

Self-talk is your internal dialogue. Positive self-talk takes practice if it’s not your natural instinct.

Here are 3 tips:

1. **BE GRATEFUL**
   Finding things you are grateful for in life everyday helps to improve your attitude, which will help you have better, more positive self-talk.

2. **DON’T COMPARE YOURSELF TO OTHERS**
   When you are constantly comparing what you lack to what others have, you can easily get down on yourself.
   
   It’s more important to concentrate on yourself and on being grateful for your own life. Live your life and stop making comparisons.

3. **POST POSITIVE AFFIRMATIONS**
   Here are some examples that you can post on your bathroom mirror today, just use some sticky notes:
   - I am adventurous and I embrace all that life has to offer.
   - I am in charge of how I feel today.
   - I am grateful for....
   - I feed my spirit daily.
There is no such thing as a one-size-fits-all approach to our diet. However, there are some basic principles you can follow to live a healthier and more balanced life.

Here are 4 steps to a healthy diet:

Step 1. Always shop with a list

Step 2. Increase your protein intake.

Step 3. Cook at home more often

Step 4. Eat from smaller plates to reduce portion sizes
Day 05
Establishing Boundaries

Develop your personal criteria to respond to opportunities and activities that either light you up or make you feel drained. Choose words that resonate with you.

Layne’s criteria for making decisions:

- Excited
- Butterflies in my tummy
- Energised by the thought

VS

- Compromised
- Exhausting
- Feeling Drained
When do you stop and applaud yourself for your accomplishments? If we are continually thinking about what’s next, we minimise what we have achieved, which is primarily focusing on lack.

Here are 4 ways to acknowledge your success:

1. **Write a letter to yourself praising your achievements.**
2. **Give yourself a gift.**
3. **Indulge in a bath or soak in a jacuzzi.**
4. **Gift yourself a massage or spa treatment.**
Day 07
Use Rest To Be Your Best

Layer work and rest
Alternate periods of focused work with periods of deliberate rest.

Take rest seriously
You have to make the time and defend it.

Detach from devices
Leave the office at the office. Commit to being present, without distractions.

We cheat ourselves when we treat rest as a weakness or something that we can choose to do. It can increase your strength, alertness, creativity and productivity.
Awakening others awakens me.

Cultivating Connection, Growth and Happiness in Humanity.

I created this academy to share my story and experiences with the world to short cut the struggle.

Inspiring people to detach from fear, take control and live a life they love.

Click here for some No Bullsh*t Transformation

Are you ready to wake up?