

LA VIDA LAGOM



**TIME FOR
YOU
TOOL-KIT**



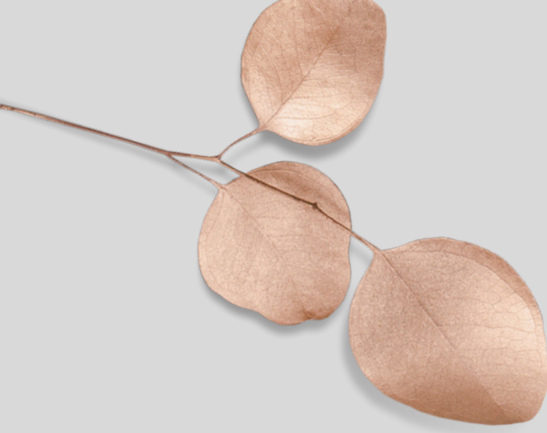


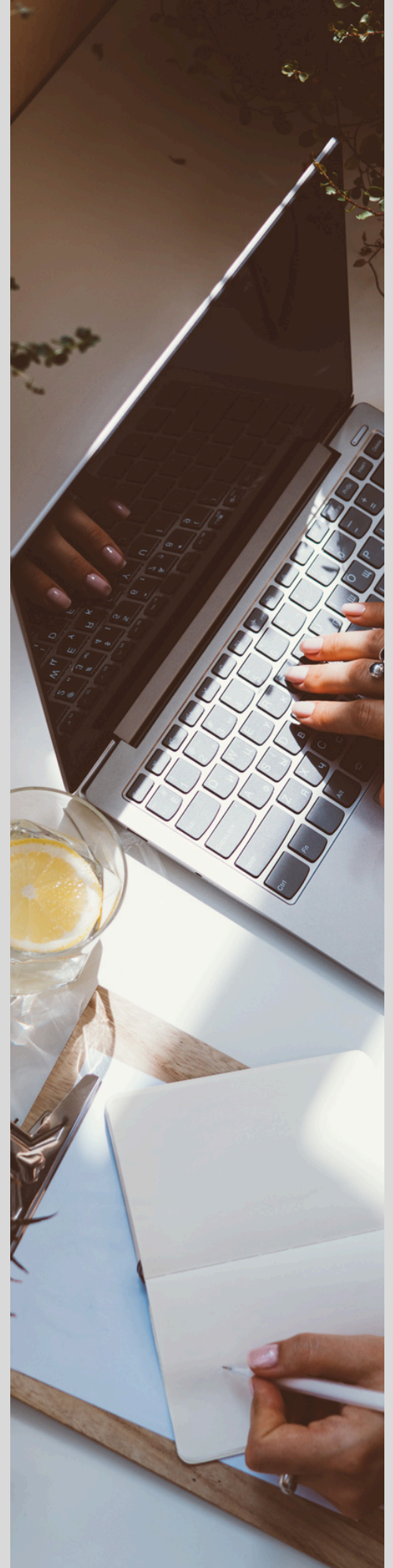
TABLE OF CONTENTS

1. WELCOME - PAGE 3
2. WELLBEING ASSESSMENT - PAGES 4-7
3. TIME FOR YOU INSPIRATION - PAGES 8-11
4. BENEFITS - PAGES 12-13
5. THANK YOU & OFFERINGS - PAGE 14

THIS TOOL-KIT WILL PROVIDE YOU WITH INSPIRATION OF THINGS TO DO WHEN YOU GET AN HOUR OR TWO JUST FOR YOURSELF



CLICK ON THE HOME ICON ON ANY PAGE TO RETURN TO THIS CONTENTS PAGE





HI, I'M AMY J

I'm an intentional living and mindfulness coach with a passion for women's wellbeing.

I'm also a professional woman in my 40s who a few years back reached burn out, prioritising everyone and everything else over myself. That was the catalyst for La Vida Lagom - living more intentionally, sustainably and contentedly using the Swedish practice of lagom.

AND I'M SO PLEASED YOU HAVE SIGNED UP FOR THE TIME FOR YOU TOOL-KIT

Professional women in their mid-life (35-50 years) tell me that they spend most, if not all, of their time providing service to others - they're mums, partners, daughters, aunts, employees, managers (the list goes on)... so when they get a rare opportunity to spend some time just for themselves, they don't know what to do with it.

Or if they do have the odd hour or two to themselves, their constant need to feel that they should be doing something "productive" means that more often than not they end up doing household chores (i.e. more service)!

For professional women, the risk of burnout is real and much higher than our male peers because of societal expectations for us to handle the majority of the domestic chores and social or family events, as well as working.

Does this sound like you?

I put together this toolkit to inspire women like you to spend time on activities that will support YOUR well-being, because if you don't take the time to look after yourself, you won't be able to continue to look after those who rely on you.

WHAT YOU'LL GET FROM THIS TOOL-KIT



1. GUIDANCE

The self assessment exercises will help you identify how you are feeling and which areas of your wellbeing might be lacking



2. INSPIRATION

Based on how you are feeling, find inspiration for time for you activities and document your ideas to try



3. BENEFITS

Understand and realise the benefit of taking time for you and how each activity can support your wellbeing

WELLBEING ASSESSMENT



Use the last 4-8 weeks as your reference to answer the statements below using the frequencies provided for each of the 8 dimensions of wellbeing.

Which dimension(s) has your most rarely or never answers?



Social Wellbeing

Always Regularly Rarely Never

I spend enjoyable time with friends or family

I can rely on my social network to offer advice or act as a sounding board when needed

I participate in hobbies that involve spending time with others

I strike a nice balance between time for me and time spent with others

There are people in my life that I can have meaningful, authentic interactions with

Physical Wellbeing

Always Regularly Rarely Never

I eat a balanced diet (a variety of different types of food and providing adequate amounts of nutrients)

I move my body daily (walking as a minimum)

I get 7 - 9 hours sleep each 24 hours

I attend health checks, dentist and optician appointments

I keep to within or less than the recommended guidelines for alcohol consumption*

*no more than 14 units of alcohol (6 medium (175ml) glasses of wine, or 6 pints of 4% beer) a week, spread across 3 days or more

WELLBEING ASSESSMENT



Use the last 4-8 weeks as your reference to answer the statements below using the frequencies provided for each of the 8 dimensions of wellbeing.



Which dimension(s) has your most rarely or never answers?

Emotional Wellbeing

- My stress levels are manageable
- I feel positive about my life
- I spend time for me doing mindful activities*
- I am able to talk to someone trusted about my concerns or worries in life
- I sit with my emotions and don't block them out with activities such as eating, drinking or scrolling

Always Regularly Rarely Never

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*yoga, meditation, reading for pleasure, arts & crafts etc

Occupational Wellbeing

- I take regular breaks during my work time
- I take all of my annual allowance leave each year
- My work aligns with my personal values
- I strike a nice balance between time for me and time spent working (paid employment)
- I enjoy my work

Always Regularly Rarely Never

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WELLBEING ASSESSMENT



Use the last 4-8 weeks as your reference to answer the statements below using the frequencies provided for each of the 8 dimensions of wellbeing.



Which dimension(s) has your most rarely or never answers?

Spiritual Wellbeing

I make time to understand my personal values

Always Regularly Rarely Never

I make decisions with intention and in alignment with my personal values

I believe in something bigger than just me

I take time for me to just be

I practice traditions or rituals to support my wellbeing*

*examples could be prayer, meditation, spending time in nature, silence, journaling, gratitude etc

Intellectual Wellbeing

I am aware of what is happening in the world

Always Regularly Rarely Never

I read non-fiction books/listen to non-fiction podcasts/watch non-fiction TV

I try new activities or try to progress existing activities I practice

I see not being good at something as an opportunity to get better rather than a failure

I think about new challenges with a growth mindset

WELLBEING ASSESSMENT



Use the last 4-8 weeks as your reference to answer the statements below using the frequencies provided for each of the 8 dimensions of wellbeing.



Which dimension(s) has your most rarely or never answers?

Financial Wellbeing

I do not make impulsive purchases

I wait for a few days/months before making big purchases to ensure I really want it

I spend within my means (not using credit unless it can be immediately re-paid)

I make payments towards my future*

I review my spending in line with my income and needs

- e.g. pension, ISA, High interest savings, Premium Bonds, Investments (stocks and shares) etc

Always **Regularly** **Rarely** **Never**

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Environmental Wellbeing

I avoid single use products

I have plants in my home

I reduce, re-use and recycle what I can

I avoid fast fashion purchases

I care about the environment and community I live in (local and or global)

Always **Regularly** **Rarely** **Never**

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TIME FOR YOU INSPIRATION



Which dimension(s) of wellbeing had most of your rarely or never answers?

Below is some inspiration for activities to balance your wellbeing



SOCIAL WELLBEING

- MEET WITH A FRIEND FOR A CUPPA AND A CHAT
- PICK UP THE PHONE AND CALL A FRIEND TO CHAT (OLD SCHOOL) - BONUS POINT FOR NOT GIVING WARNING & CHECKING THEIR AVAILABILITY
- PARTICIAPTE IN A LOCAL COMMUNITY OR VOLUNTEERING OFFERING
- GO TO A GROUP CLASS (EXECISE, ARTS & CRAFTS, LANGUAGE ETC) - SEE WHAT IS HAPPENING LOCALLY TO YOU



PHYSICAL WELLBEING

- MOVE - WALK, DANCE, SWIM, YOGA, PADDLE, RUN, GYM PLAY... SOMETHING FUN THAT GETS YOUR BODY MOVING AND YOUR HEART RATE UP (BONUS POINT IF IT IS IN NATURE)
- COOK YOURSELF A NUTRITIOUS MEAL AND EAT IT WITHOUT INTERRUPTION
- HAVE SOME RESTFUL, UNAPOLOGETIC SLEEP!
- HAVE A PAMPER SESSION (BATH, FACE MASK, PAINT NAILS ETC) - THIS CAN BE DIY AT HOME OR TREAT YOURSELF TO A SPA



EMOTIONAL WELLBEING

- MEDITATE OR MANIFEST (GUIDED, MANTRA, SILENCE ETC)
- SIT WITH YOUR THOUGHTS AND JOURNAL ANY FEELINGS THAT COME UP OR JOURNAL FROM A PROMPT QUESTION (MESSAGE ME FOR PROMPTS)
- DO A MINDFUL CREATIVE ACTIVITY SUCH AS COLOURING, KNITTING, CROCHET, DRAWING, DOODLING, PAINTING, JIGSAW, NEEDLEWORK ETC - JUST FOR FUN - YOU DON'T HAVE TO MAKE ANYTHING
- DO SOMETHING WITH MIND BODY BREATH CONNECTION SUCH AS YOGA OR DANCE



OCCUPATIONAL WELLBEING

- PLAN OR BOOK A HOLIDAY OR ACTIVITY FOR YOUR NEXT PERIOD OF LEAVE
- WRITE DOWN WHAT WORK TASKS YOU GET LOST IN / GIVE YOU ENERGY AND WHICH DRAIN YOUR ENERGY - THINK ABOUT HOW YOU CAN RE-ASSIGN OR DELEGATE THE DRAINING TASKS TO SOMEONE ELSE
- DESIGN A WORKPLACE WELLNESS CHALLENGE OR EVENT





SPIRITUAL WELLBEING

- COMPLETE A CORE VALUES TEST OR THINK ABOUT AND WRITE DOWN THE VALUES YOU BELIEVE IN
- READ ABOUT DIFFERENT FAITHS, RELIGIONS OR CULTURES
- MEDITATE OR SPEND TIME IN NATURE
- WRITE A GRATITUDE LIST OR THINGS I LOVE ABOUT ME LIST AND DISPLAY IT SOMEWHERE YOU CAN SEE IT DAILY
- THINK ABOUT YOUR LIFE PURPOSE OR GOALS AND CREATE AN ACTION PLAN TO START MAKING IT HAPPEN



INTELECTUAL WELLBEING

- READ A BOOK OR LISTEN TO AN EDUCATIONAL OR INSPIRATIONAL PODCAST
- VISIT A MUSEUM OR ART GALLERY
- TRY A NEW ART OR CRAFT (ORIGAMI, MACRAME, PAINTING, NEEDLE WORK...)
- WRITE (JOURNAL, STORY TELL, BLOG KNOWLEDGE SHARE...)
- TRY A PUZZLE BOOK OR WORD GAME



FINANCIAL WELLBEING

- READ, LISTEN, WATCH INFORMATION AND TUTORIALS ABOUT INVESTING FOR THE FUTURE
- HAVE A MEETING WITH A FINANCIAL ADVISOR
- REVIEW YOUR WEEKLY SPENDINGS - IDENTIFY WHERE YOUR MONEY GOES EACH WEEK/MONTH
- CREATE A BUDGET SPREADSHEET TO TRACK YOUR SPENDING HABITS
- WRITE DOWN YOUR FINANCIAL GOALS, CREATE A PLAN AND SET IN PLACE ACTIONS TO START



ENVIRONMENTAL WELLBEING

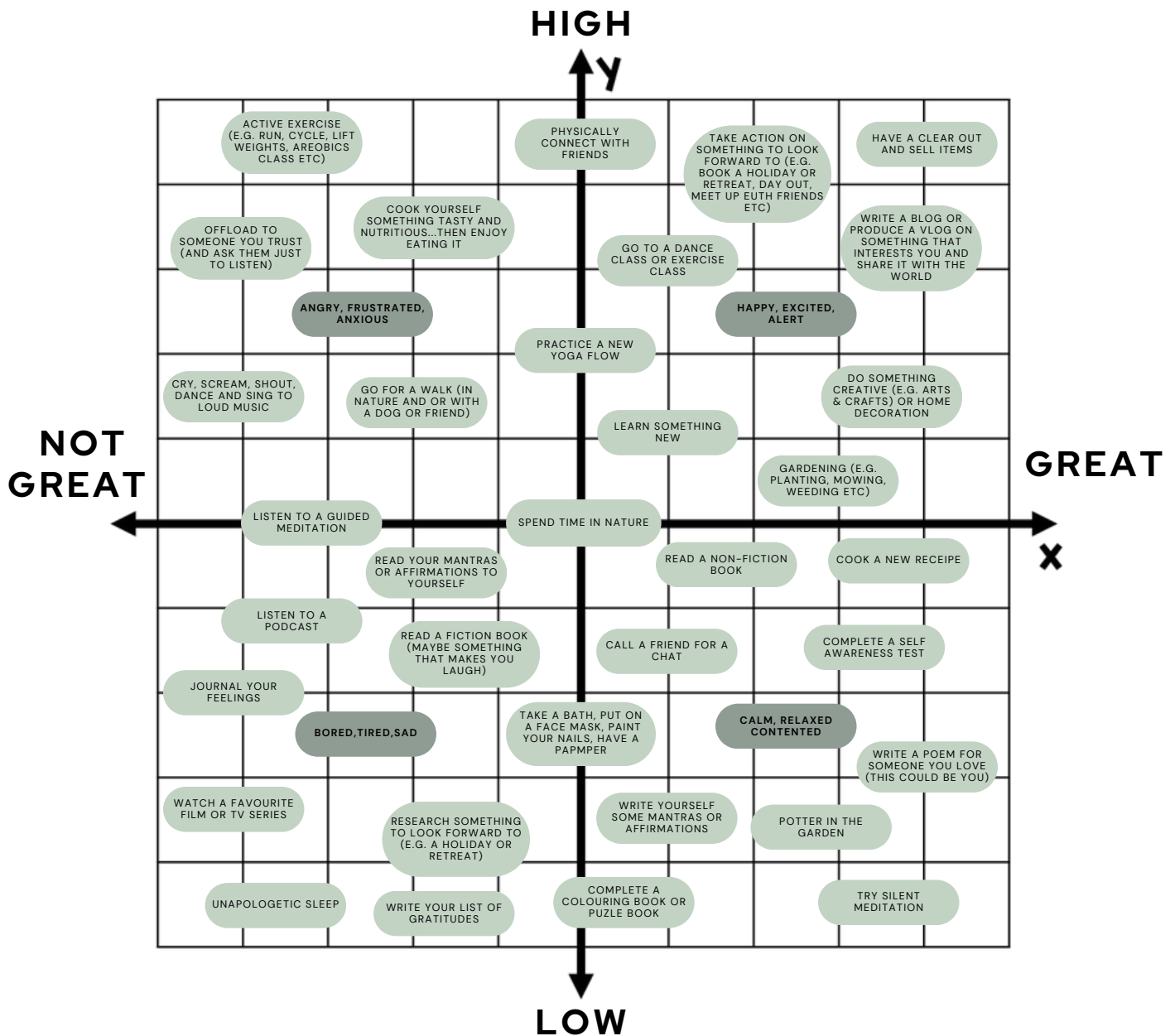
- GO ON A LOCAL LITTER PICK
- JOIN A LOCAL GREENING CAMPAIGN AND PARTICIPATE IN COMMUNITY ACTIVITIES
- RE-DECORATE YOUR HOME
- SPEND TIME IN NATURE
- GO FOR A WALK SOMEWHERE NEW
- DE-CLUTTER YOUR HOME - SORT ITEMS INTO CHARITY, RECYCLE/GIFT, REMOVE



TIME FOR YOU INSPIRATION TO SUIT YOUR MOOD



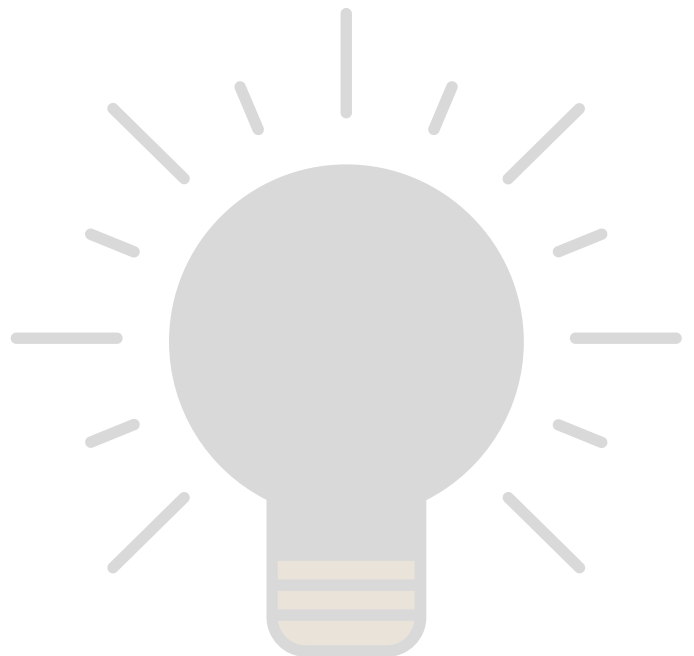
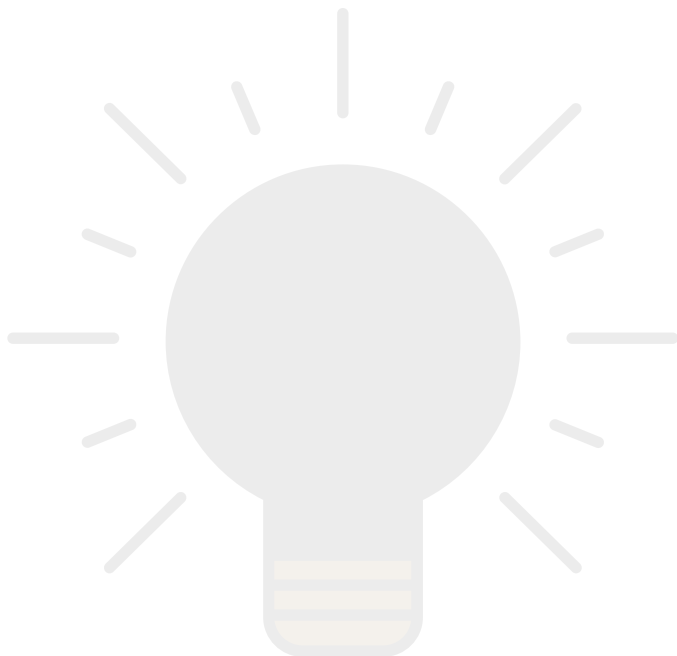
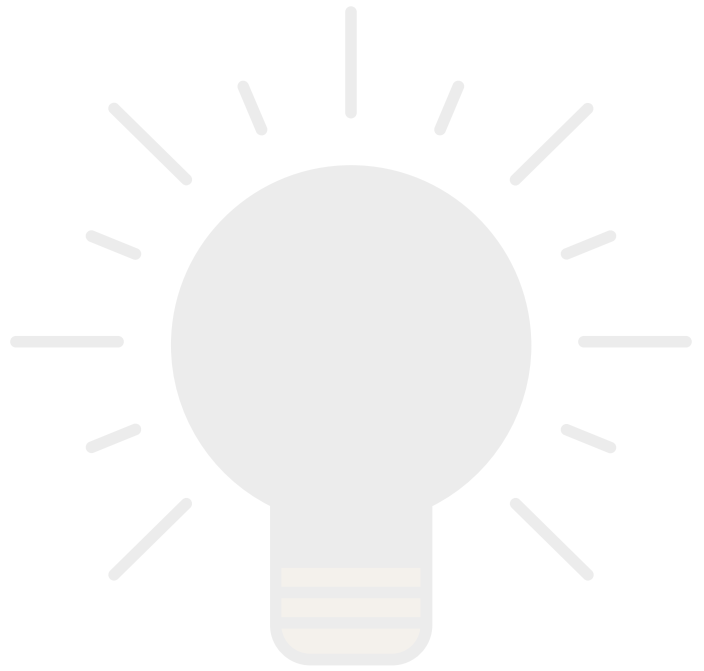
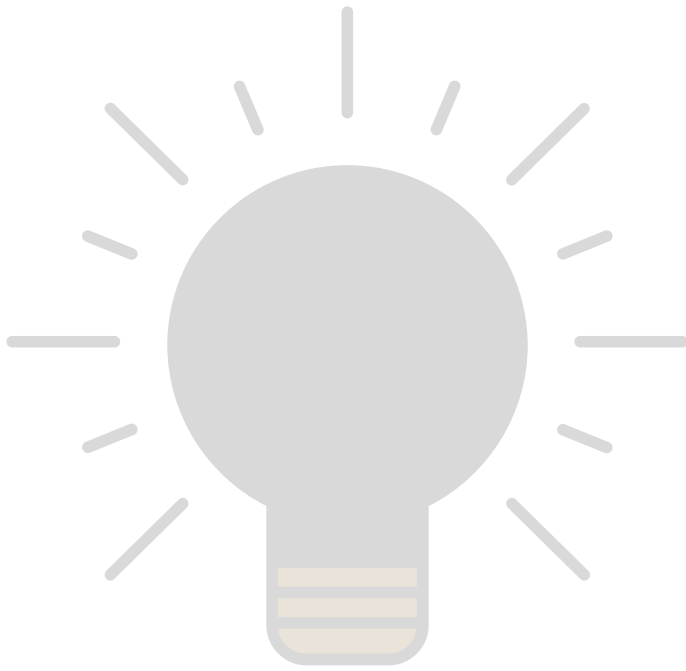
Plot how you are feeling against your energy levels on the graph below and see what activity is suggested for you
(X axis = your mood/How you are feeling, Y axis = your energy levels)



WRITE YOUR IDEAS HERE



Use this space to jot down any other ideas or inspirations you have, any activities you'd like to try or activities you've tried and enjoyed for future inspiration



BENEFITS



Here's your space to think about the benefits you got from the wellbeing activities you have tried and understand some of the benefits of each wellbeing dimension



WHAT I DID

HOW IT MADE ME FEEL

People who feel more connected to others have **lower levels of anxiety and depression, have higher self-esteem, greater empathy** for others, are **more trusting and cooperative**.
Social connectedness generates a positive feedback loop of social, emotional and physical well-being.

Exercise and a balanced diet can help ease depression, lower your blood pressure, improve your cholesterol profile, help control blood sugar and reduce your risk for heart disease, diabetes and common cancers

Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You can use it to relax and cope with stress by focusing on something that calms you. Meditation can help you learn to stay centered and keep inner peace.

Occupational wellness inspires us to will gain personal satisfaction and find enrichment in our work. Promoting wellbeing at work can help prevent stress and create positive working environments

BENEFITS



Here's your space to think about the benefits you got from the wellbeing activities you have tried and read more about the benefits of each wellbeing dimension



WHAT I DID

HOW IT MADE ME FEEL

Studies show that people with a purpose live longer, sleep better and have a more robust immune system, lower stress levels and better cognitive function. People with a sense of purpose tend to take better care of themselves through exercise, healthy eating and addressing health issues when they arise.

Your brain is a muscle, which means you have to use it often if you want your mind to stay sharp. Mental stimulation, like reading, can help prevent Alzheimer's disease and improves our capacity to understand that different people have different beliefs and that these often differ from our own internal beliefs and desires. This skill is vital for maintaining healthy social relationships and developing empathy.

Being smart with your money and adopting good money habits can be empowering and have a positive impact on your everyday life. Having control over your financial situation can reduce money-related stress, anxiety and depression. Adopting good money habits and making a plan for how much you want to save will help you stay focused on the future and the goals you want to achieve

When our personal surroundings are well cared for, clean and organised, we experience a greater sense of comfort and less anxiety. Removing unwanted and un-needed items from our homes in a sustainable way can lead to physical space and mental space for intentional living and clarity of mind.

THANK YOU



Thank you for signing up to receive this tool-kit. Thank you for making your way through it and completing the exercises. Thank you for thinking about time for you and how you can improve your wellbeing. Thank you for taking steps towards making time for you

NEXT STEPS



Please join the La Vida Lagom WhatsApp Community:
<https://bit.ly/JoinLaVidaLagom>



Add yourself to the community groups that take your interest - engage with other women in the community - make friendships and expand your social circle



Please give me some feedback on how this tool-kit landed for you and what else you would like support on
<https://bit.ly/time4ufeedback>



MY OFFERINGS



Join me on a weekend women's retreat focused on wellbeing and mindfulness for professional women



Purchase a personal guided meditation to help you with managing your wellbeing or join a group meditation class in circle



Engage me for 1:1 intentional living and mindfulness coaching with me to help you address life's challenges



WANT TO KNOW MORE ABOUT ME & LA VIDA LAGOM?

Follow me on socials, take a look around my website, have a read of my posts and blogs, like and comment on my content

