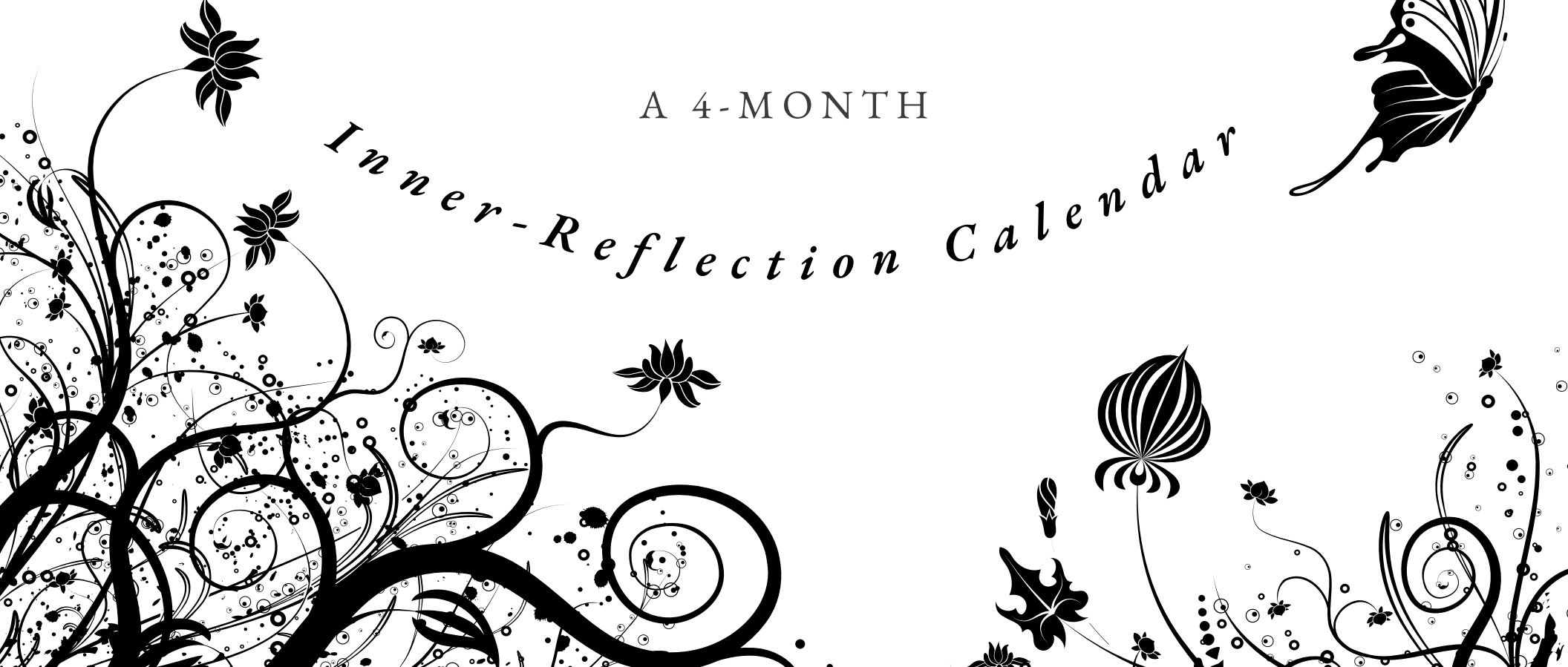




TENDING TO SELF

A 4-MONTH

Inner-Reflection Calendar





Reflection:

This month sets the tone and personal self-care goals of the next 4 months: Decide what daily habit(s) will support you the most. What will bring the most balance, and self-love to your day? This should be something that feels right to you. Consider the areas of life that make us human, and whole: our emotions, thoughts, physical body, energy, and the fact that we are a soul- our spiritual connection. Out of these 5 areas, we could look at simple habits that help us tend to all.

The purpose of a checklist is not to add more work and to-dos to your day, and it's not to "fix" you. Rather, it's an opportunity to check and see how you show your whole self love in a consistent way. If there's a habit that will balance you and support you, you can train it into being a habit with the checklist provided for each month.

Next to the area, check off what you did to show up that day. By the end of the month, you can get a feel for your rhythms and focus at a glance. Consider Journaling on these topics at the end of the day, the end of the week, or the end of the month if you have insights you want to remember.



APRIL

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



You owe yourself one hour a day of self maintenance. It can include writing, yoga, exercise, dancing, meditation, painting, or whatever, but you owe it to yourself. One hour, 1/24 of your day. That's less than 5%. It matters, it really does. Make it count.



More About the Checklist

On the next page is a checklist for tracking your healthy habits 30 days out of the month. You can use it however you want!

Don't feel like you should check off ALL the things every single day... Best to pick 1 or 2 habits you want to focus on that month, or that week.

Maybe the water habit is to drink 70 oz of water a day 5x a week (by the way, 1/2 your bodyweight in ounces of water is the golden standard for hydration, but that might be different if you're very active, or pregnant haha!). Or maybe your water goal is to drink an 8 oz glass of water before your coffee each morning.

You see? There's no limit to how you can use these suggestions.

The legend at the bottom of the checklist is broad and vague on purpose! For example, "Time in Nature" could mean a 10 minute walk each day around the neighborhood. Or it could be 90 minutes worth of hiking trails per week.

The battery symbol stands for "recharging" and doing a work IN rather than a work OUT (something that puts energy back into your body) -but that looks different for everyone: Could be Yin Yoga, Stretching, dancing, baths... whatever YOU feel would replenish energy.

Maybe instead of learning about the Enneagram, you want to commit to simply reading 10 minutes a day. But if that category or habit isn't useful to you, ignore it!

The point is- YOU get to decide what will boost your holistic health most on a daily basis, a monthly basis, or as a 3-4 month goal.

And you can just cross off or fill in what suits you in the legend.

Make the checklist work FOR YOU!

 Zandra

P.S. make it a game: share how you use this in "Z Spiritual Baddiez" or choose a habit or 2 with an "accountabilabuddy" and print copies for you and them!

MAY



S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

“



*Change 'what if'
to 'even if'...*

”

Reflection:



This amazing yet simple change in self-talk can be the difference between worrying, and hope. I started catching myself worry a lot in pregnancy. “What if the baby doesn’t turn, and I have to have a hospital birth?” That pattern of thinking was really keeping me stressing out, and envisioning what I *didn’t want*. And during challenges in my relationship with Nathan, I found myself imagining that these struggles would be the rest of our lives. When I saw a quote somewhere about changing “what if” statements in our mind and modes of thinking of “even if”, I tried it for myself.

“Even if the baby doesn’t turn, it will be how it was meant to be.”

“Even if the baby doesn’t turn, we will still get a healthy baby.”

“Even if the baby doesn’t turn by 34 weeks, doesn’t mean it can’t turn.”

“Even if Nathan is distant now, it doesn’t mean he doesn’t love me.”

“Even if we’re not communicating well, I can still learn better communication skills.”

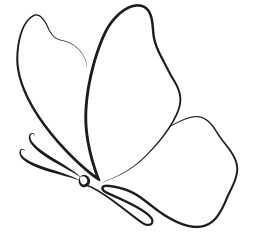
“Even if he can’t provide what I need right now, I can count on him for xyz.”

-I started getting more creative with all the “even ifs”, and noticed that once one possibility was envisioned, more came.

This mindset reframe has the potential to change our lives for the better. It puts us in an empowered state of being, it makes us the creator of our lives, rather than victims.

Try it!

May



My Holistic Health, at a Glance

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Physical



31 empty checkboxes for Physical - Water



31 empty checkboxes for Physical - Workout



31 empty checkboxes for Physical - Work-in

Energy & Spiritual



31 empty checkboxes for Energy & Spiritual - Time in nature



31 empty checkboxes for Energy & Spiritual - Meditation



31 empty checkboxes for Energy & Spiritual - Energy clearing

Psychological & Emotional



31 empty checkboxes for Psychological & Emotional - Intentional reflection



31 empty checkboxes for Psychological & Emotional - Journaling



31 empty checkboxes for Psychological & Emotional - Learned about Enneagram for self observation

Legend:



Water



Workout



Work-in



Time in nature



Meditation



Energy clearing



Intentional reflection



Journaling



Learned about Enneagram for self observation





Reflection:

Avoidance often stems from the unconscious, where our fears, insecurities, and unresolved conflicts live. These aspects of ourselves manifest in the form of resistance to confronting certain parts of our lives or selves. Jungian psychology teaches us that only by intentionally going into these avoided areas can we unlock the potential for growth and integration.

Imagine there's something in your life that you keep avoiding because it seems difficult or uncomfortable. That's exactly where the the jewel of our being lies—self-discovery and individuation.

The treasure isn't lying out in the open where it's easy to grab. It's hidden in the shadow—the work that feels hard or scary, in the parts behind our front-facing ego. When we face those challenges head-on, that's when we unlock the real treasures: insights about ourselves, newfound strengths, and a deeper sense of fulfillment.


Next time you find yourself procrastinating or shying away from something important, remember: the magic you're looking for isn't in staying comfortable—it's in doing the work you've been avoiding. That's where the real growth and transformation happen.



JUNE

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

“



The magic you're looking for is in the work you're avoiding.

- Dipen Parmar



”

JULY



S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



*We cannot shame ourselves
into change - we can love
ourselves into evolution.*



Reflection:

It's easy to fall into self-criticism, always focusing on "fixing" and "improving". But what if we prioritized loving and supporting ourselves? Wouldn't growth and transformation naturally follow? This shift was pivotal for me during my athletic training. Instead of fixating on progress over weeks or months, I focused on enjoying each training session and doing my best for the day. It took off the pressure and yielded positive results.

When we approach change from a place of love rather than shame, we're nurturing ourselves rather than tearing ourselves down. See yourself as a budding rose. How will you tend to the garden that is you, so that your spirit can bloom?

The same goes for our own growth and evolution. When we show ourselves kindness, compassion, and understanding, we create the fertile ground for for our becoming to take root.

Next time you find yourself tempted to criticize or shame yourself, pause. See yourself surrounded by a soft pink glow. Treat yourself with the same empathy and encouragement we'd offer to a dear friend. Remember: Love is always most powerful.



July



My Holistic Health, at a Glance

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Physical



31 empty checkboxes for tracking hydration.



31 empty checkboxes for tracking workout.



31 empty checkboxes for tracking work-in.

Energy & Spiritual



31 empty checkboxes for tracking time in nature.



31 empty checkboxes for tracking meditation.



31 empty checkboxes for tracking energy clearing.

Psychological & Emotional



31 empty checkboxes for tracking intentional reflection.



31 empty checkboxes for tracking journaling.



31 empty checkboxes for tracking self-observation.

Legend:

- Water
- Workout
- Work-in
- Time in nature
- Meditation
- Energy clearing
- Intentional reflection
- Journaling
- Learned about Enneagram for self observation