

Self Care

FORMULA

FOR PASSIONATE ENTREPRENEURS

Three Step Formula

What do Oprah, Marie Forleo,
and Beyonce have in common?

Self Care is an essential part of their success strategy.

I'm going to show you the three step formula that will prevent you from getting stressed out, burnt out, and uninspired.

Practice each of these 3 steps in the morning for anywhere between 1 to 20 minutes to create a quick **3-minute routine** or a **full power hour**.

PRACTICED BY THE WORLD'S MOST INFLUENTIAL
ENTREPRENEURS

MIND

Feeling relaxed on a regular basis is critical: It allows our minds and bodies to repair themselves, improving mood and boosting brain function and memory.

Inhabiting a relaxed state will help us make better decisions and gain clarity on everything from work to our personal lives.

Action Ideas:

- Meditate
- Journal
- Read (not scrolling through FB updates)
- Write down 3 things your grateful for

BODY

It's time to get out of your head, although thinking big is a vital part of being an impactful entrepreneur, if you spend too much time up there you forget what's going on below the neck. If you plan to lead your company from the heart or move through business decisions using your intuition, it is vital that you get out of your head and back into your body.

Action Ideas:

- Yoga
- Dance party
- Walk in nature
- Call your Nutritionist

This is not intended to replace your workout, it's to ignite + wake up your body, and get you out of your head.

SOUL

The most influential entrepreneurs have a daily mindset practice and are mindful of their internal dialogue.

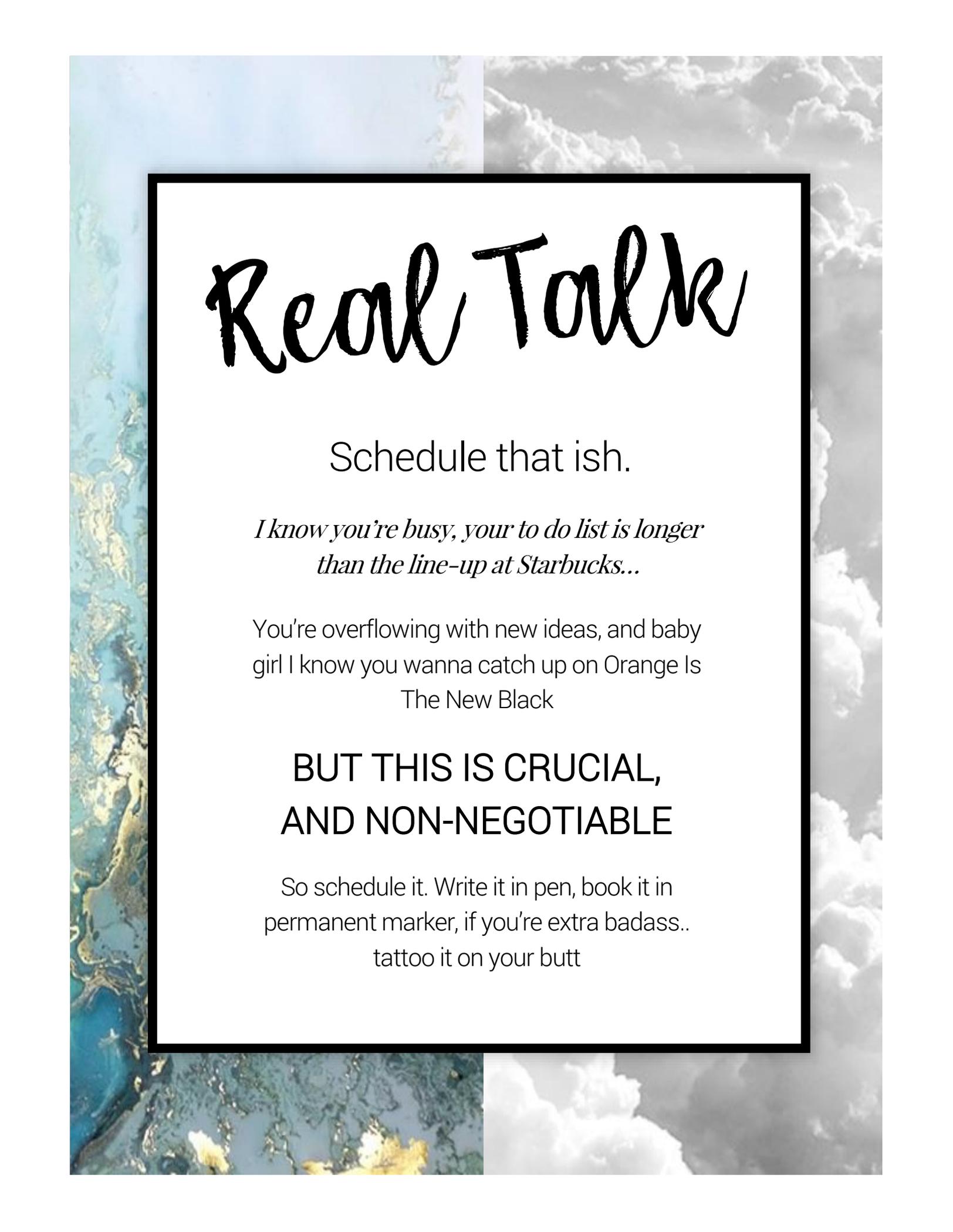
Maintaining social connections with real live people can reduce stress, fend off depression, and even help us live longer; all of that adds up to a happier you. And when you're happier you're more productive.

Action Ideas:

- Affirmations
- Pray
- Play an instrument
- Call your best friend and talk about something you're both passionate about (HUMAN CONTACT)



*you are
your
business's
#1 asset*

The background of the page is a collage. The top right and bottom right sections feature soft, white, fluffy clouds against a light grey sky. The left side and bottom left section feature a marbled paper pattern with shades of teal, blue, and gold. A thick black rectangular border frames the central white text area.

Real Talk

Schedule that ish.

*I know you're busy, your to do list is longer
than the line-up at Starbucks...*

You're overflowing with new ideas, and baby
girl I know you wanna catch up on Orange Is
The New Black

**BUT THIS IS CRUCIAL,
AND NON-NEGOTIABLE**

So schedule it. Write it in pen, book it in
permanent marker, if you're extra badass..
tattoo it on your butt

FORMULA

Mind _____ x _____

+

Body _____ x _____

+

Soul _____ x _____

=

Your Self Care Formula

Alyssa Coleman
WELLNESS



Hey!

I'm Alyssa a holistic nutritionist and self care expert.

And I get where you're coming from.

While creating my online nutrition business, my yoga pants started to feel a little bit tight, I was craving salty foods like crazy. *Chips and pizza anyone?* and I could barely function without at least 2 cups of coffee. WHAT THE HELL?!

I began to feel **burnt out, stressed out, majorly anxious** and insecure about my body, I even put off travel plans in order to avoid being seen in a bikini.

then I figured it out ...

...I studied every textbook I could get my hands on to figure out where these symptoms were coming from. Wasn't I doing everything right? NOPE. – Turns out I was doing everything wrong, what conventional wisdom on "being healthy" forgot to mention is that **every-damn-body** is different.

Once I took into consideration my body's **biochemical individuality** and made some key lifestyle changes, I felt like myself again. [If you want to chat about your biochemical individuality click here to apply for a free assessment with me.](#)

What I learned along the way is that once I made my **self care** a priority I had **more energy**, I was more **productive** and WAY more **inspired**. I realized I was my business' #1 asset and it was my responsibility to make self care part of my business plan.

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