

Zili

CARE

6 WEEK **REVIVE!** PROGRAM



CARE WORKBOOK

CARE Formula

**C - CALM** your mind

- Walk (10 minutes) - paying attention to all of your senses
- 5,4,3,2,1 Rule; (5 minutes twice a day or 10 minutes once a day)
- Pause for 2 minutes of mindfulness (three times day) attach to something you are doing and practice 5,4,3,2,1
- Meditate: guided or non-guided (5-10 minutes)
- Journal for 10 minutes, morning or at the end of the night. Start with writing down whatever your thoughts are, what went well and not so well today, three elements of gratitude
- Engage, Focus, and Calm your mind with a non-electronic activity: ie. painting, art, puzzle, gardening

**A - ACTIVATE** your body

- Any physical activity: Time based: 20 minutes per day ideally (or Weekly Goal of 140-150 minutes)
Can be different activities daily; yoga, stretch, pilates, tennis, etc.

**R - REINFORCE** your body

- No Screen Time 1 hour before going to sleep. (except for music or guided meditations)
- If taking prescription medications for your mental and physical health - take daily
- Take 1000-2000 IUs of Vitamin D3 daily to boost your immunity, energy and protection for bones

**E - ENGAGE** your soul

- Social Connection: Talk to a friend/family member (virtually/phone/in person) 10 minutes continuously
- Pick one thing/place/circumstance/show that brings you joy and spend 10-20 minutes fully appreciating and enjoying it
- Make an Intention: a word or phrase of what you want to put your energy on today, such as "let go", "kindness", "focus", "positivity", "productivity", "creativity", "teamwork", "collaboration" etc

WEEK ONE

MONDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

TUESDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

WEDNESDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

THURSDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

FRIDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

SATURDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

SUNDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

WEEK TWO

MONDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

TUESDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

WEDNESDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

THURSDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

FRIDAY

Elements of Gratitude

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Intention of the Day

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SATURDAY

Elements of Gratitude

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Intention of the Day

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SUNDAY

Elements of Gratitude

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- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

WEEK THREE

MONDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

TUESDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

WEDNESDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

THURSDAY

Elements of Gratitude

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Intention of the Day

CARE Formula Checklist: C A R E

FRIDAY

Elements of Gratitude

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Intention of the Day

CARE Formula Checklist: C A R E

SATURDAY

Elements of Gratitude

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Intention of the Day

CARE Formula Checklist: C A R E

SUNDAY

Elements of Gratitude

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- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

WEEK FOUR

MONDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

TUESDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

WEDNESDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

THURSDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

FRIDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

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SATURDAY

Elements of Gratitude

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- 2. _____
- 3. _____

Intention of the Day

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SUNDAY

Elements of Gratitude

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- 3. _____

Intention of the Day

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WEEK FIVE

MONDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

TUESDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

WEDNESDAY

Elements of Gratitude

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- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

THURSDAY

Elements of Gratitude

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Intention of the Day

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FRIDAY

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SATURDAY

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SUNDAY

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- 3. _____

Intention of the Day

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WEEK SIX

MONDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

TUESDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

WEDNESDAY

Elements of Gratitude

- 1. _____
- 2. _____
- 3. _____

Intention of the Day

CARE Formula Checklist: C A R E

THURSDAY

Elements of Gratitude

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Intention of the Day

CARE Formula Checklist: C A R E

FRIDAY

Elements of Gratitude

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SATURDAY

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