

The 4 Cups of Self-Care

Because you can't pour from an empty cup.

• • • • The Power Hour Technique • • • •

The best **Power Hour** successes comes from a **customized approach**.

Some of my clients use the power hour technique daily, most take Sundays off and some practice the Power Hour on week days only. Choose what works best for you. Consider experimenting with all three approaches to find the ideal fit.

Pick Your Approach

1 Week days only approach. (The 15 x 4 approach.)

Each week day you spent 15 minutes on each area of the **4 Cups of Self-Care**, taking the week-ends off.

2 Daily approach. (The 20x 3 approach.)

Each day complete three of the **4 Self-Care Cups**. Rotate which cup you skip. But practice each cup at least 5 times a week for 20 minutes.

3 One day off approach. (The 30 x 2 approach.)

This is the approach that my clients favor the most. In this approach you pick two cups to fill for 30 minute increments 6 days a week. Rotate your activities so that each of the **4 Cups** is filled 3 times a week for 30 minute increments. This works well if you take one day a week off, like Sundays.

Use the attached pages for ideas on organizing your approach.

Design, Decide and Do

Step 1: Brainstorm **Power Hour** activities for each of the **4 Cups of Self-Care**. Use the attached worksheet to record your ideas.

Step 2: Decide which "approach" is the best fit for you.

Step 2: Plan your activities and any needed supplies or materials the night before.

Step 3: Get up an hour earlier than normal.

Step 4: Set a timer and then practice each self-care area for the set amount of time.

Step 5: Practice for 30-45 days to develop the habit.



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• • • • • The Power Hour Approach • • • • •

Instructions: Use the chart below to brainstorm ideas for each of the four cups of self-care. Keep in mind that these activities will last 15-30 minutes each.

PHYSICAL

EMOTIONAL

MENTAL

SPIRITUAL

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Helping Christian women take a wholehearted and whole person approach to wildly successful marriages.

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••••• The Power Hour 4 Areas •••••

Instructions: Use the chart below to brainstorm ideas for each of the four cups of self-care. Keep in mind that these activities typically last 15-30 minutes each.

PHYSICAL

do yoga
walk the dog
play catch with the dog
stretch
do steps
use hand weights
make a doctor appointment
declutter a drawer
make a green smoothie
schedule Dr. & Dentist apps
pack mason jar salads

EMOTIONAL

watch an uplifting YouTube video
practice affirmations
call/text a friend
journal
recite what grateful for
send a thank you card
color or draw

MENTAL

read
learn something new
play word games
write and review goals
reflect on progress
listen to a podcast
watch video on minimalism

SPIRITUAL

pray
read your Bible
meditate
visit war room
work on prayer board
read a devotional
be creative

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• • • • • The Power Hour Chart • • • • •

Instructions: Wake up an hour early. Then spend 15-30 minutes focused on the **4 Cups of Self-Care**. It is usually more productive if you plan your activities the night before. Use the chart attached to brainstorm ideas for each of the self-care cups.

	PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				

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• • • • 20 x 3 Power Hour Approach • • • •

Instructions: Wake up an hour early. Then spend 15-20 minutes focused on each of the 4 cups of self care. It is usually more productive if you plan your activity for each of the areas the night before. Use the chart attached to brainstorm ideas.

	PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL
DAY 1	walk dog	practice affirmations	solitaire	
DAY 2		write thank yous	sudoku	pray
DAY 3	strength training	EXAMPLE	words with friends	Bible study
DAY 4	yoga	practice gratitude		pray
DAY 5	weight training	call a friend	word with friends	
DAY 6		watch uplifting video	solitaire	call a friend
DAY 7	walk dog		plan trip itinerary	call a friend

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• • • • 30 x 2 Power Hour Approach • • • •

Instructions: Wake up an hour early. Then spend 15-20 minutes focused on each of the 4 cups of self care. It is usually more productive if you plan your activity for each of the areas the night before. Use the chart on the back to brainstorm ideas.

	PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL
DAY 1	yoga	affirmations		
DAY 2			listen to podcast	Bible study
DAY 3	stretch	call a friend		
DAY 4			solitare	pray
DAY 5	walk dog	journal		
DAY 6			words with friends	meditate
DAY 7				

EXAMPLE

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• • • • The Power Hour Approach • • • •

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watch video on minimalism
do sudoku

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