

### ••• 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**



2

The 4 Cups of Self-Care Because you can't pour from an empty cup The Power Hour Approach

The 4 Cups of Self-Care

The Power Hour Approach

EMOTIONA

ADDrimatic

call a Friend call a Friend

#### 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.

#### 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.

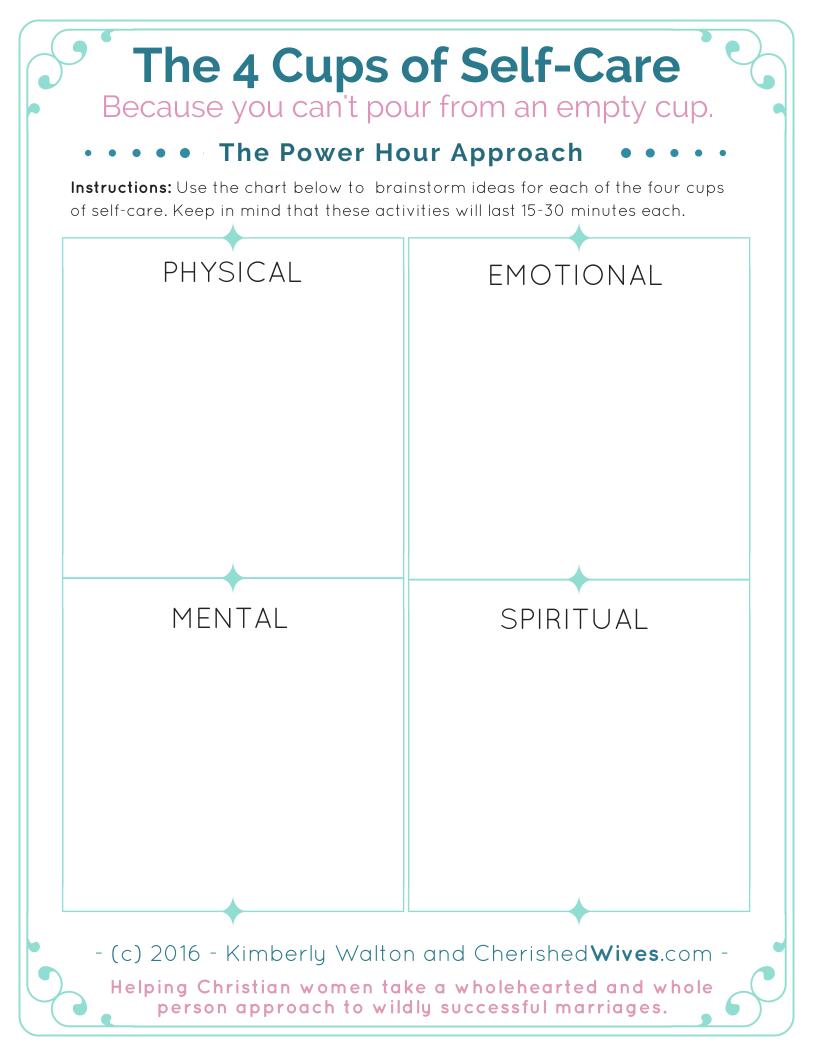
### Design, Decide and Do

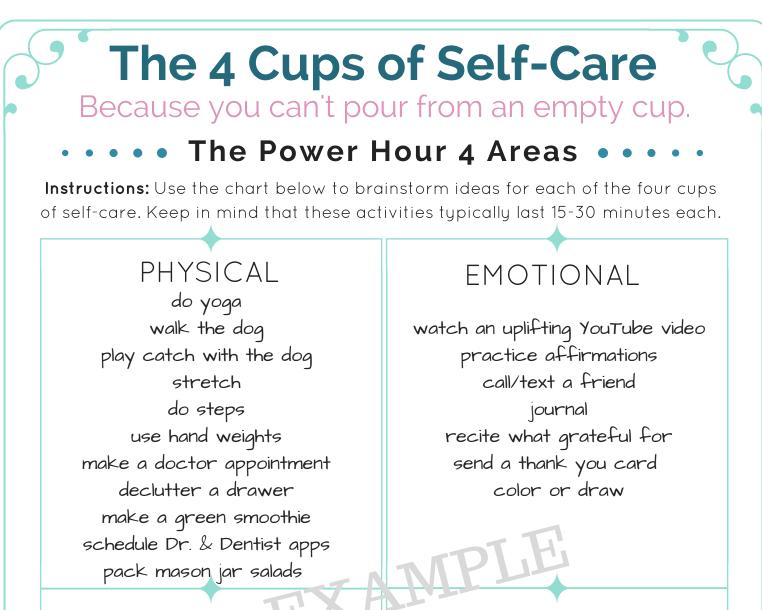
Step 1: Brainstorm Power Hour activities for each of the 4 Cups of Self-Care. Use the attached worksheet to record your ideas.

- **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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# MENTAL 5

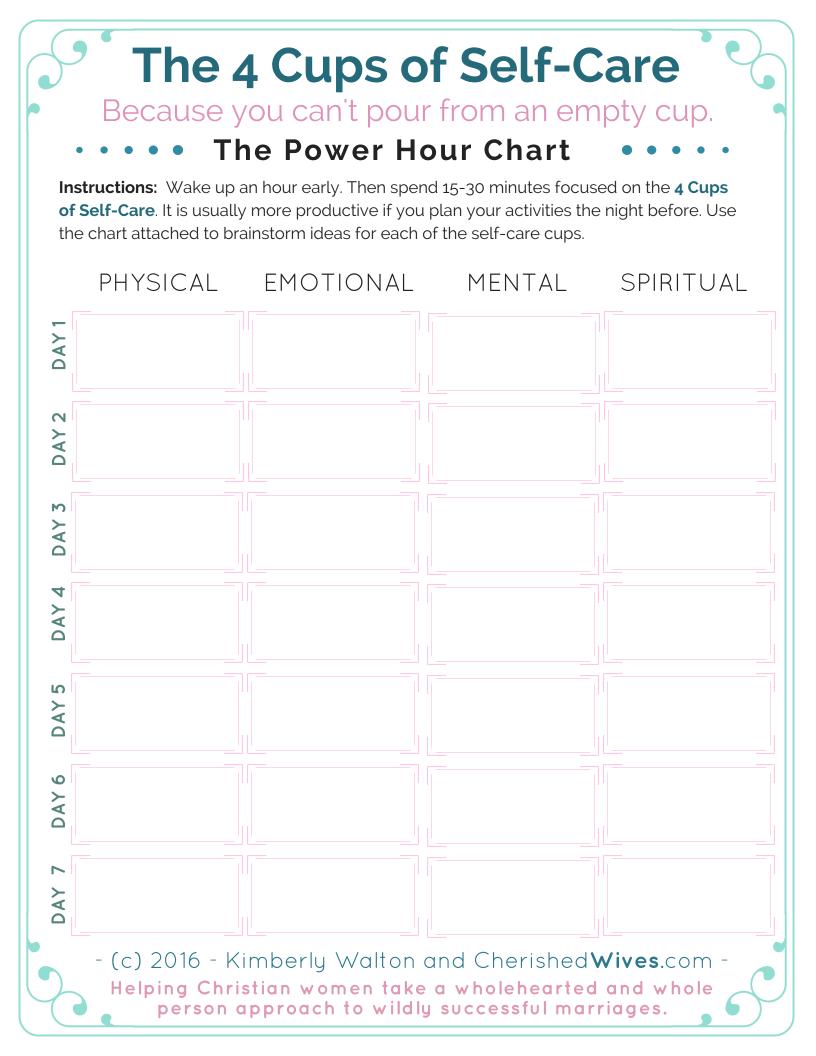
#### read

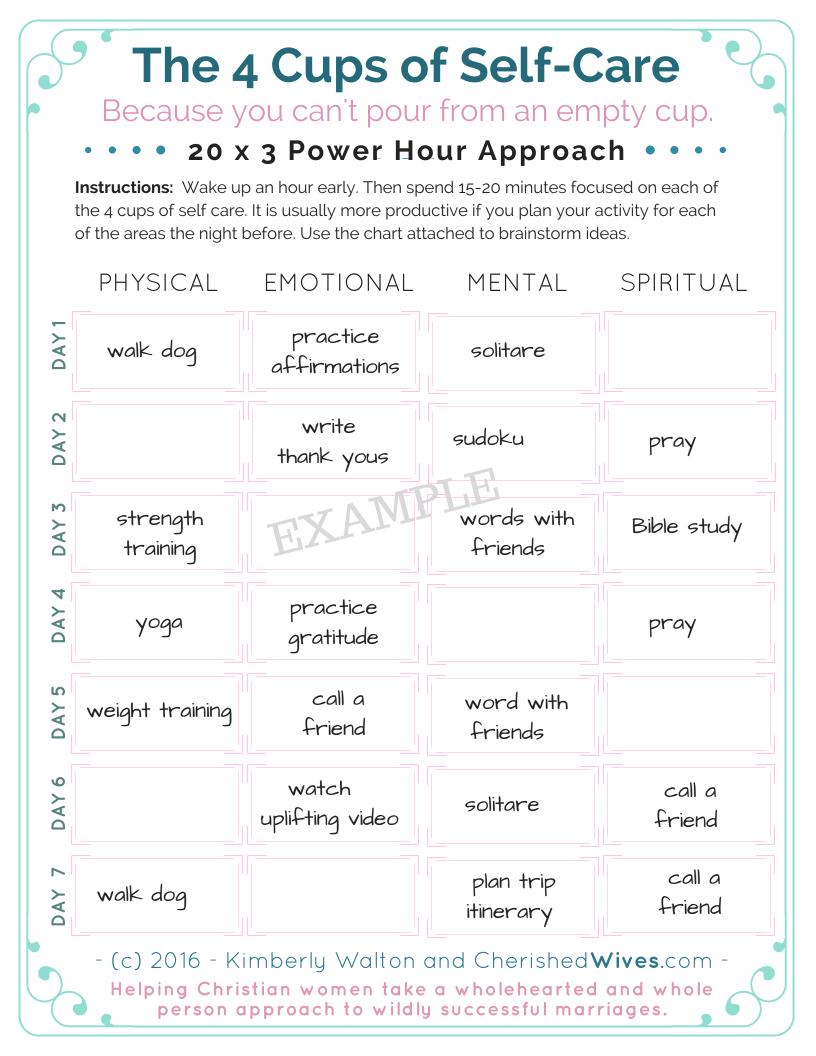
learn something new play word games write and review goals reflect on progress listen to a podcast watch video on minimalism

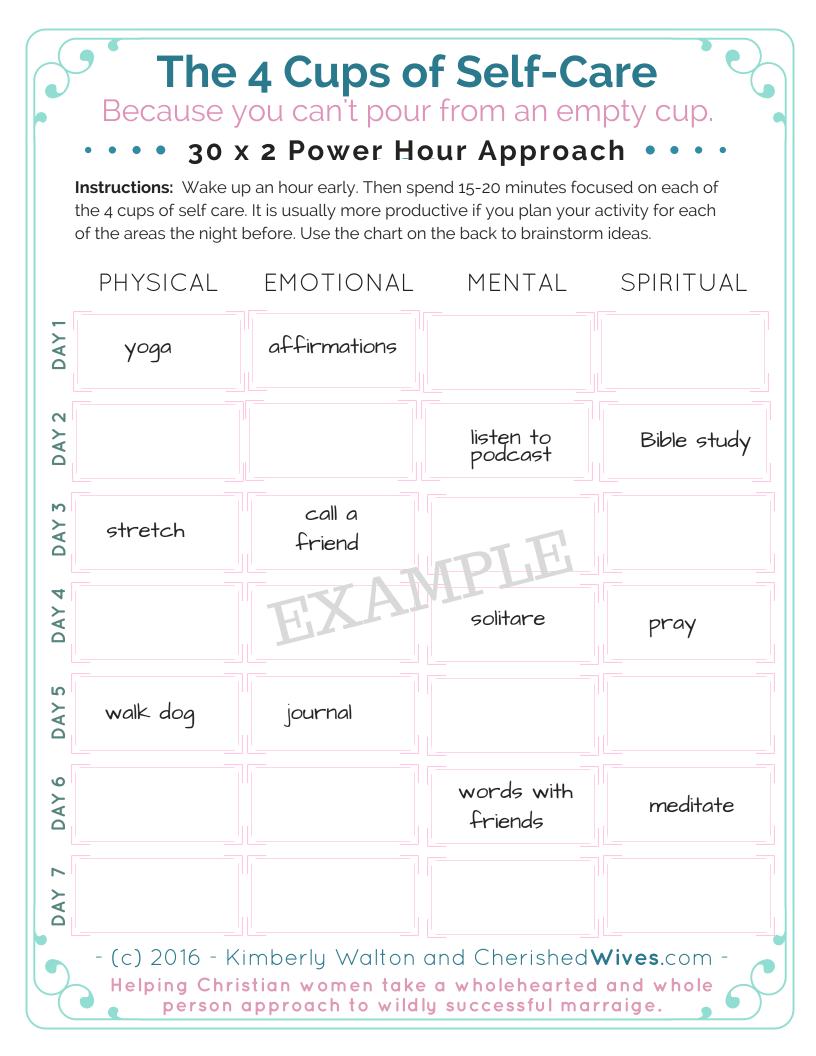
### SPIRITUAL

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

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# The 4 Cups of Self-Care

Because you can't pour from an empty cup.

## •••• 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 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 green smoothie schedule Dr or Dentist appts

# 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 do sudoku

## SPIRITUAL

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

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