



The "Me System"

Learn ways to take care of yourself so you can be the BEST and HEALTHIEST version of yourself.

BY REBEKAH SCOTT

SYSTEM GOAL: LEARN WAYS TO TAKE CARE OF YOURSELF

SO YOU CAN BE THE BEST & HEALTHIEST VERSION OF YOURSELF

If you've ever been on an airplane, you've heard the instructions regarding oxygen masks. You're ALWAYS supposed to put your own mask on first before you help someone else. The "Me System" of self care is no different.

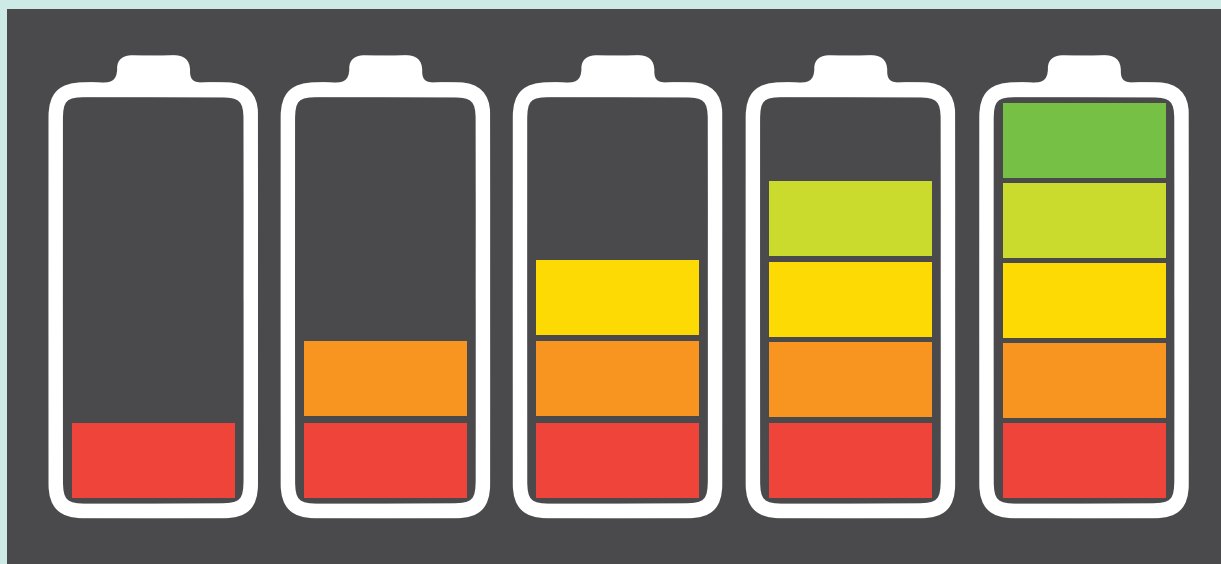
The goal of the "Me System" is to take care of yourself FIRST so you can be the best and healthiest version of

yourself possible. This allows you to feel great and show up for all of your roles well.

Another way to think about your "Me System" is like a cell phone charge. If you start your day at a 35% battery charge, your phone likely won't make it through the day.

What makes US think we will if we aren't fully charged?

What can you do daily to give yourself a full charge?





THESE ARE JUST A FEW "ME SYSTEM" OPTIONS TO GET YOU STARTED:

What time do you wake up?

Is this working for you? Are you still tired when you wake up - do you wake up meeting needs immediately?

What is your morning routine?

Mine includes working out, prayer time showering, getting dressed and getting ready for the day... every day. This helps me feel confident to take on the day.

What fills you up?

Examples: affirmations, bubble baths, music, snuggling, walks on gravel

How do you wind down?

Examples: a walk outside, a bubble bath, reading, swinging,

What time do you go to bed?

How much sleep do you need?

Keep it simple!
Consider starting with
the things that fill you
up the most... then add
more over time.



THE "ME SYSTEM" HAS TWO MUSTS:

01

Wake up early (before the kiddos) and have quiet time alone.

What this looks like: Get up at 5:15 am, exercise, spend quiet time with God (through reading the bible, devotional and praying) and have a cup of tea.

02

Pick a weekly pampering evening.

What this looks like: Mine varies based on the family schedule but almost always includes a bubble bath with bath salts and a facial mask but may also be going to a movie with a friend! Or going for a walk on our gravel road.

Keep in mind: These are customizable to your stage of life! Schedule these and tell your loved ones what they are in advance.

BECOME SELF-AWARE BY GETTING TO KNOW YOURSELF BETTER!

What makes you tick?

What are your strengths?

What are your triggers?

What are you passionate about?

What are your signs of burnout?

SAY ALOUD:

I AM WORTH IT!
I AM LOVED!
AND I CAN DO THIS!

The "Me System" is one of several systems we teach in The Encourager Academy digital course. Taking care of yourself FIRST is paramount in having a life filled with joy and confidence!



Stop feeling overworked, overwhelmed and unsuccessful.
Start taking control of your roles at home and work by implementing four simple systems - at your pace and catered to YOUR unique situation!

Sign up for the Encourager Academy Digital Course today! Use code "IDECIDED" for 50.00 off your way to feeling more decisive and confident in both work and home life!

SIGN UP NOW