

THE ULTIMATE

SELF - CARE

ROADMAP



Carmen Margaziotis, L.Ac.

what is true self-care?

You have a list of 50 things to do today. So you slept less, drank more coffee, got something to eat on the go and then forgot about taking care of yourself.

Maybe you didn't totally forget, but it had to get pushed to the bottom of the list.

Because everything else is urgent, self-care feels optional.

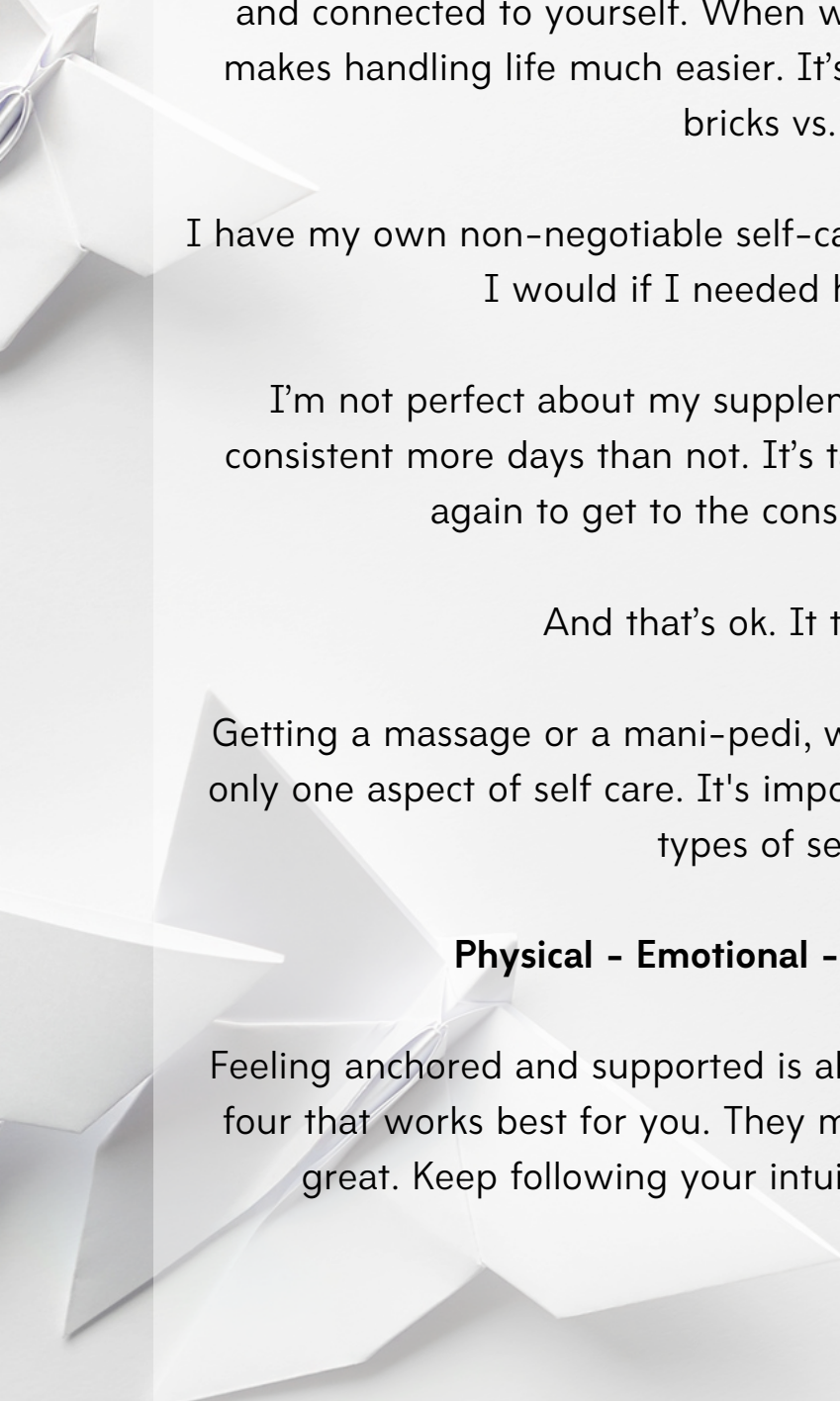
But it's not.

After many days, weeks, and years of this routine you might feel like you've forgotten who you are and wonder where you're going.

Even though self-care can start to feel like one more overwhelming thing to add to your list, it's the thing that will re-orient you back to you.

In order to create the life you want, you need a solid foundation. That foundation is you.

Keeping yourself solid starts with your self-care rituals.



Self-care is whatever you need to do, say, or think in order to feel stable and connected to yourself. When we have this stable foundation it makes handling life much easier. It's like having a house built out of bricks vs. hay.

I have my own non-negotiable self-care routine. I take it as seriously as I would if I needed heart medication.

I'm not perfect about my supplements or meditating, but I am consistent more days than not. It's taken years of starting again and again to get to the consistency I have now.

And that's ok. It takes practice.

Getting a massage or a mani-pedi, while wonderful and relaxing, are only one aspect of self care. It's important to have a balance of all the types of self care.

Physical - Emotional - Mental - Spiritual

Feeling anchored and supported is about finding the balance of those four that works best for you. They might evolve over time and that's great. Keep following your intuition. You can trust yourself.

how to use the Self Care Roadmap

Take this guide at a pace that feels good to you. Feel free to jump around. Do one page a day or one page a week. Or if you're like me, you'll dive in and work on it until your eyeballs fall out. Be willing to challenge yourself a little, and leave what doesn't resonate.

Let yourself trust your intuition.

Be open.

Believe you know what to do.

The main goal is awareness because you can't create change without that first step.

As you work through the pages, if you get little pings or sudden curiosity about something, follow it.

And if you need a little support you can always DM me on Instagram @CarmenMargazi



physical self-care

Your basic needs are met. Eating and sleeping fall in this category. But so does personal hygiene like taking a shower. Sometimes when our mental health isn't strong our physical self-care starts to go out the window.

EXAMPLES

Moving your
body

Stretching

Seeing a health care practitioner

Things you do that make you feel beautiful and put together:
mani-pedi, eyebrows, blow out, facial, clothing

Meditation

Drinking enough water

Sleeping the right amount for your body.

Taking supplements

Rest

Eating when you're hungry, stopping when you're full.

Your own examples not on this list:

WORKSHEET

self-care

physical

My Current Practices

meditation
Exercise 15 minutes 3x a week
walk most days
supplements
no alcohol
limit caffeine
learning about my hormones
acupuncture
brush teeth, shower, manicures, skin care

**Carmen's
Example**

What's Not Supporting Me

I drink soda with caffeine and it messes with my sleep
I prioritize other people's needs and then I don't go for my walk
I push through sometimes even when I need rest
overeating

New Practices

Hip stretches
Make my mattress more comfortable
Schedule doctors appointment
Regular hair appointments

WORKSHEET

self-care

physical

My Current Practices

What's Not Supporting Me

New Practices



emotional self-care

When you are aware of your emotions and you process them fully in a healthy way.

EXAMPLES

Noticing and naming your emotions.

Limit news
and social media

Expressing yourself in a healthy way

Setting clear boundaries

Surround yourself with people
that support your emotional
health

Meditation

Feel emotions in your body

Writing in a journal

Limit media
consumption

Rest

Sleeping

Practicing feeling positive emotions on purpose

Your own examples not on this list:

WORKSHEET

self-care

EMOTIONAL

**Carmen's
Example**

My Current Practices

meditation
acknowledging and being with my emotions
set clear boundaries
feel my emotions in my body
write
rest
practice positive emotions on purpose
clear blocked emotions
see my practitioners
work with crystals

What's Not Supporting Me

I hold emotions in
don't write often enough
I get busy so I don't take time to understand what I'm feeling

New Practices

commit to journaling more days than not
more rest

WORKSHEET

self-care

EMOTIONAL

My Current Practices

What's Not Supporting Me

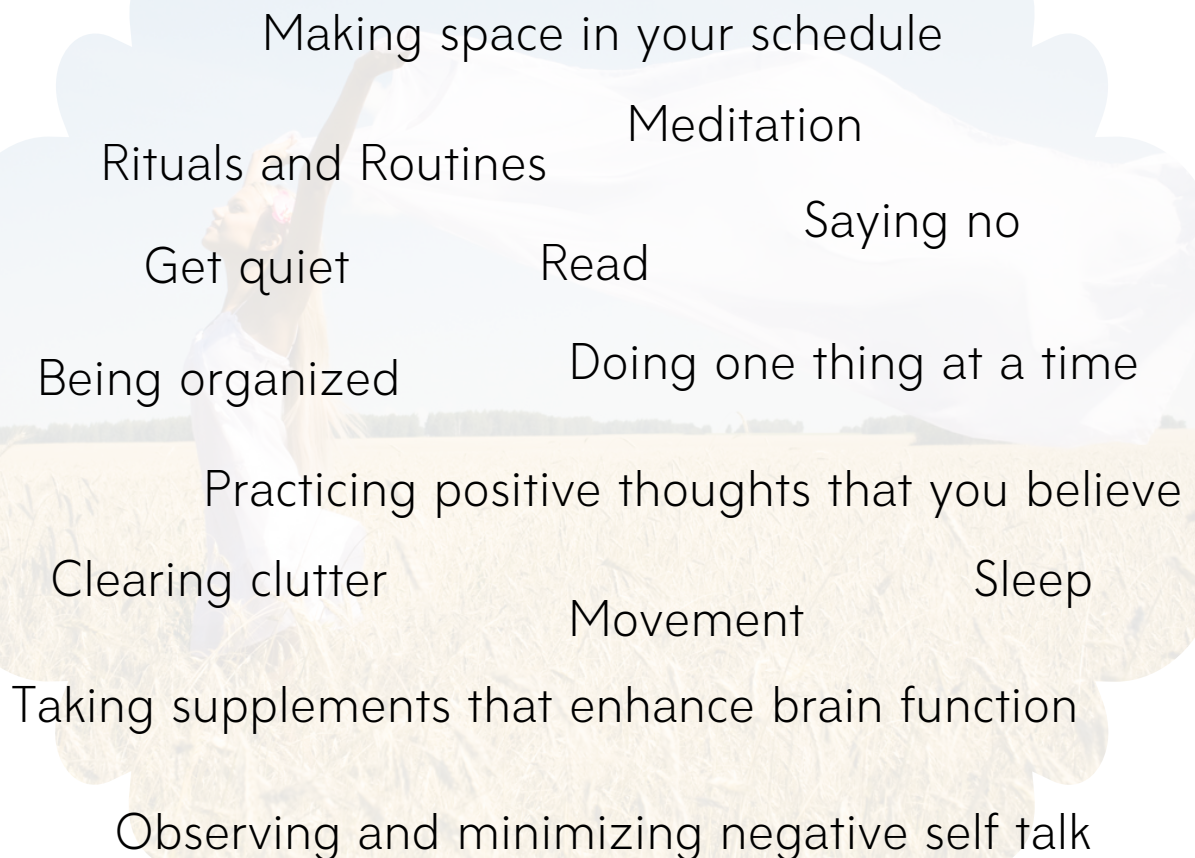
New Practices



mental self-care

*These are the things you do to make sure
your mind is working at its peak.*

EXAMPLES



Making space in your schedule

Meditation

Rituals and Routines

Saying no

Get quiet

Read

Being organized

Doing one thing at a time

Practicing positive thoughts that you believe

Clearing clutter

Sleep

Movement

Taking supplements that enhance brain function

Observing and minimizing negative self talk

Your own examples not on this list:

WORKSHEET

self-care

MENTAL

My Current Practices

I don't look at my phone in the morning until i'm ready

I start the day with meditation/mantras

don't overload myself with plans

wear perfume and light candles

concerts/spend time in the desert

being organized

watch frivolous tv

walking

see my practitioners

wear hoop earrings

What's Not Supporting Me

crappy sleep

I take things on before I check if I have the energy for it

I put things in my calendar without checking what else i
have that week (I know I have a max mental capacity of 1-2
events a week)

New Practices

check in with myself more to see if I have the mental
bandwidth for everything I do

Carmen's
Example

WORKSHEET

self-care

MENTAL

My Current Practices

What's Not Supporting Me

New Practices



spiritual self-care

Maintaining the connection to your best self. Connecting to the part of you that connects you to everyone and every thing.



Your own examples not on this list:

WORKSHEET

self-care

SPIRITUAL

My Current Practices

meditation
mantras
moon ceremonies
connect with my guides/angels
pulling cards
listen to music
creativity
stillness
learning new things

**Carmen's
Example**

What's Not Supporting Me

I don't prioritize creativity. It gets the leftover time instead of being at the top of the list.

New Practices

prioritize creativity

WORKSHEET

self-care

SPIRITUAL

My Current Practices

What's Not Supporting Me

New Practices



thoughts & emotions matter

How we think, speak, and feel matter. Our thoughts, words, and emotions create our actions. Our actions and inactions have a big part in what we have or don't have in our lives.

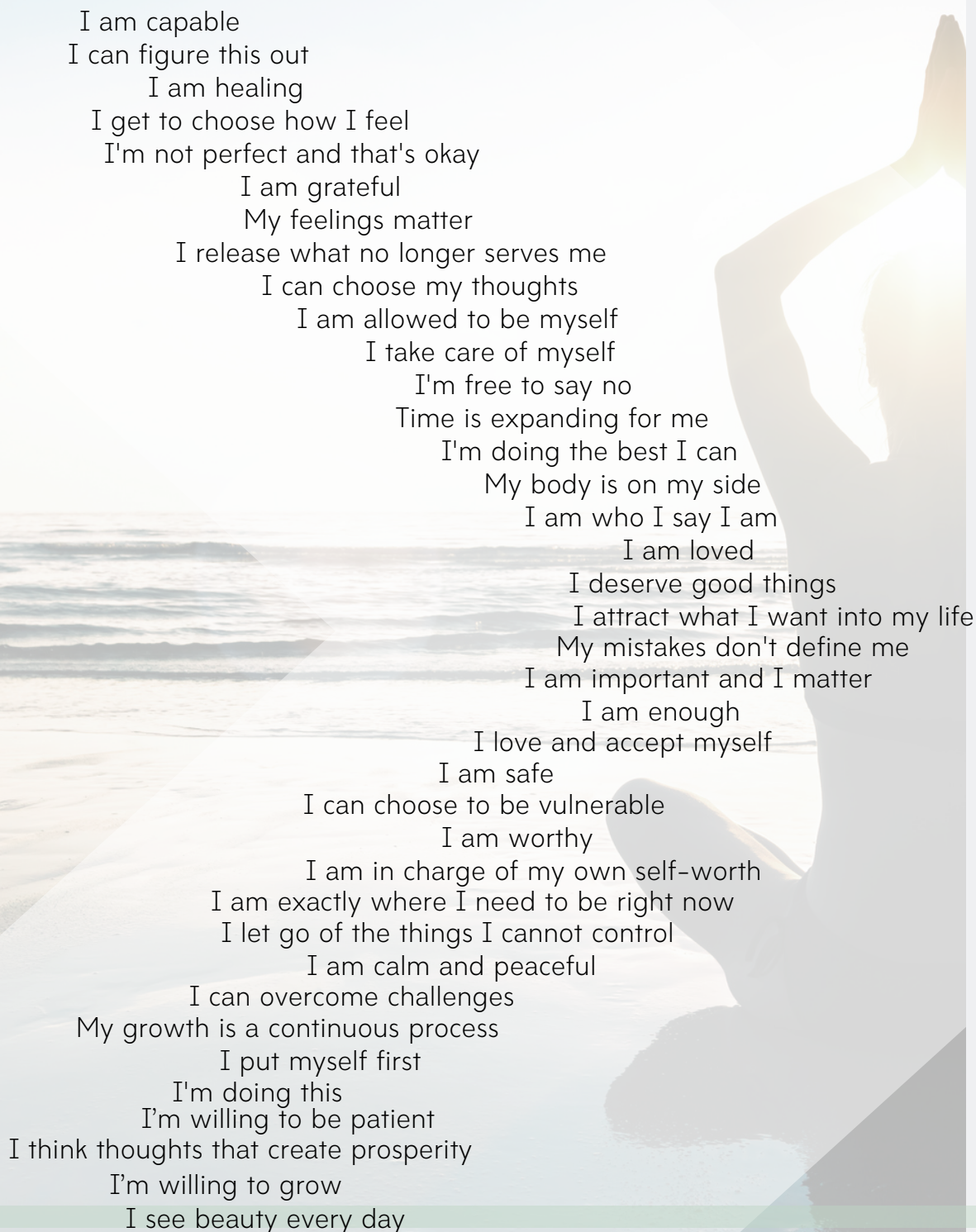
Being intentional and aware about what you say, think, do, and feel will help you navigate your path.

Being this real with yourself creates authenticity and builds self-trust. Which makes you not only compassionate (and irresistible) to others, but also less susceptible to negativity from the external world.

The next several pages contain practices to build this connection.



DAILY AFFIRMATIONS

A person is shown in a yoga pose (Urdhva Dhanurasana) on a beach at sunset. The person's arms are raised, and their hands are clasped above their head. The background features a calm ocean with gentle waves and a bright, hazy sky. The overall mood is peaceful and serene.

I am capable
I can figure this out
 I am healing
I get to choose how I feel
 I'm not perfect and that's okay
 I am grateful
 My feelings matter
 I release what no longer serves me
 I can choose my thoughts
 I am allowed to be myself
 I take care of myself
 I'm free to say no
 Time is expanding for me
 I'm doing the best I can
 My body is on my side
 I am who I say I am
 I am loved
 I deserve good things
 I attract what I want into my life
 My mistakes don't define me
 I am important and I matter
 I am enough
 I love and accept myself
 I am safe
 I can choose to be vulnerable
 I am worthy
 I am in charge of my own self-worth
 I am exactly where I need to be right now
 I let go of the things I cannot control
 I am calm and peaceful
 I can overcome challenges
 My growth is a continuous process
 I put myself first
 I'm doing this
 I'm willing to be patient
I think thoughts that create prosperity
 I'm willing to grow
 I see beauty every day

Spirituality

Family

vision board

What do you want?



BELIEVE
IT
TO
SEE
IT.

Prosperity

Career

Health

Love

Everything Else

Accomplished
Adventurous
Affectionate
Alert
Alive
Amorous
Appreciative
Amazed
Amused
Aroused
Astonished
Awake
Awed
Blissful
Calm
Capable
Centered
Cheerful
Clear
Comfortable
Confident
Content
Curious
Dazzled
Delighted
Determined
Eager
Easy-going
Ecstatic
Elated
Enchanted
Encouraged
Energetic

Engrossed
Enlivened
Enthralled
Enthusiastic
Excited
Exhilarated
Expansive
Fascinated
Focused
Fondness
Free
Fulfilled
Giddy
Glad
Gleeful
Glorious
Grateful
Grounded
Happy

Hopeful
Humbled
Inspired
Intrigued
Invigorated
Irresistible
Joyous
Jubilant
Kind
Liberated
Loving
Motivated
Moved
Open
Optimistic
Passionate
Peaceful
Perky

Pleased
Productive
Proud
Quiet
Radiant
Rapturous
Rejuvenated
Relaxed
Relieved
Refreshed
Replenished
Rested
Restored
Safe
Satisfied
Secure
Serene
Spacious
Spellbound
Stable
Startled
Stimulated
Stunned
Surprised
Tender
Thankful
Thrilled
Tranquil
Touched
Trusting
Uplifted
Warm

Emotions list

what we describe
as 'positive' emotions

Afraid
Aggravated
Agitation
Aloof
Angry
Animosity
Annoyance
Anxious
Apathetic
Appalled
Apprehensive
Ashamed
Awful
Bad
Bewildered
Bitter
Blah
Bored
Cloudy
Cold
Concerned
Confused
Defensive
Demeaned
Depressed
Despair
Despondent
Desperate
Detached
Disappointed
Disconnected
Discouraged
Disgusted
Disheartened
Disinterested
Dismayed
Displeased
Distressed
Disturbed

Dismayed
Displeased
Distressed
Disturbed
Doomed
Dread
Dull
Edgy
Embarrassed
Enraged
Envious
Exasperated
Exhausted
Fatigued
Fearful
Frightened
Frustrated
Furious
Gloomy
Grief

Guilty
Hate
Heavy
Hopeless
Horrorified
Horrible
Hurt
Impatient
Incensed
Indifferent

Infuriated
Inquisitive
Insecure
Intense
Invalidated
Irate
Irk
Irrational
Irritated
Jealous
Lazy
Lethargic
Listless
Lonely
Mad
Mean
Melancholy
Miserable
Mopey

Morose
Nervous
Numb
Overwhelmed
Pained
Panicky
Passive
Patronized
Perplexed

Pitied
Regretful
Reluctant
Remorseful
Repelled
Repressed
Resentful
Restless
Rigid
Sad
Scared
Shocked
Skeptical
Sleepy
Sorrowful
Spent
Startled
Stifled
Stubborn
Stuck
Surprised
Suspicious
Terrified
Timid
Tired
Troubled
Uncomfortable
Uneasy
Unhappy
Unheard
Unhinged
Unsteady
Upset
Uptight
Vengeful
Weary
Wishy-washy
Worried

Emotions list

what we describe
as 'negative' emotions

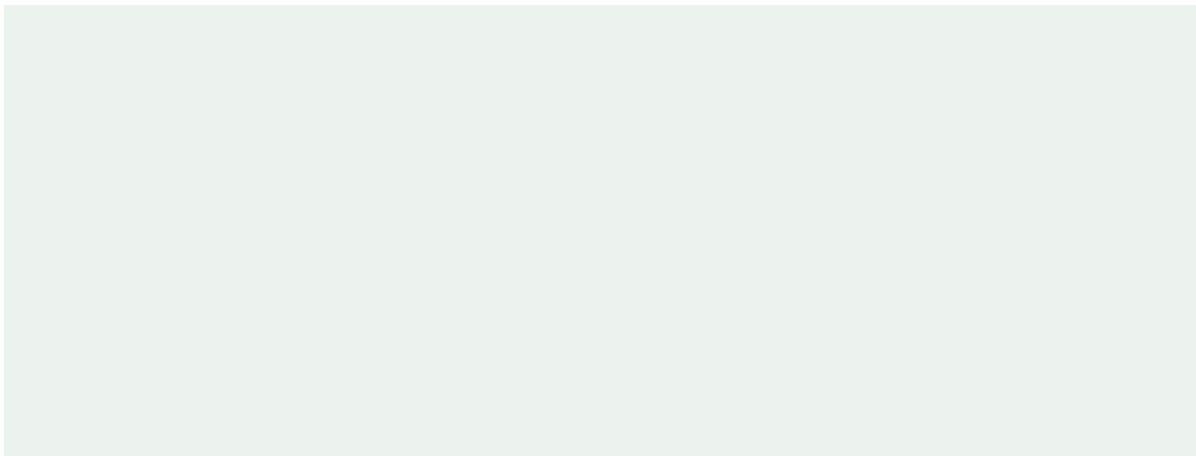
AWARENESS

CHALLENGING
SITUATION:

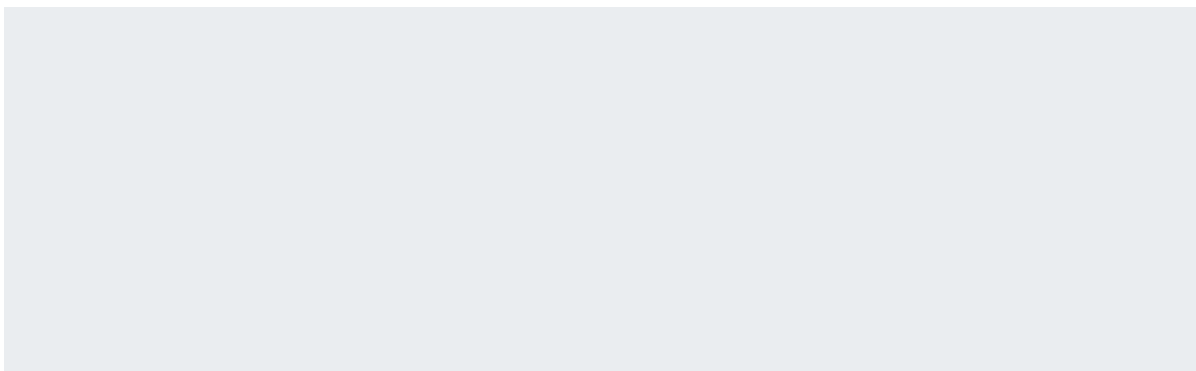
I DON'T WANT

I WANT

NEGATIVE EMOTIONS I FEEL



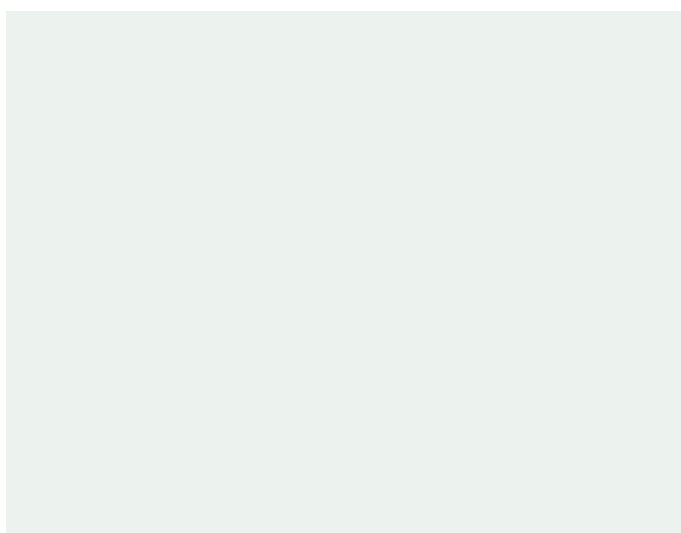
POSITIVE EMOTIONS I WANT TO FEEL



GRATITUDE JOURNAL

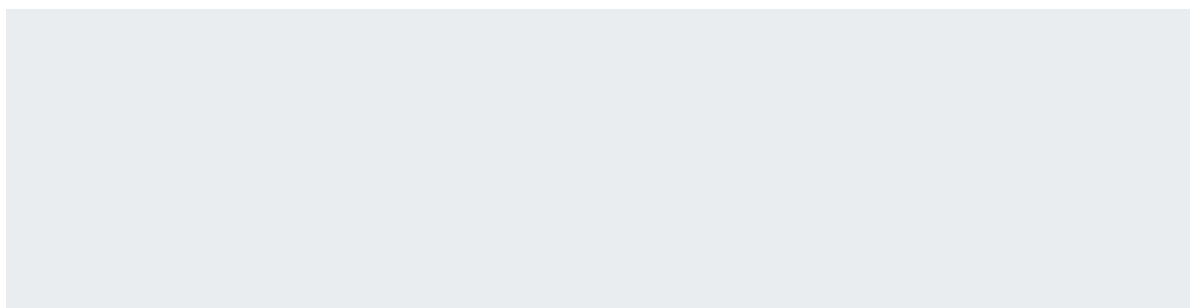
I'M
GRATEFUL FOR:

EMOTIONS I FELT TODAY




WHAT WORKED WELL TODAY

EMOTIONS I WANT TO FEEL

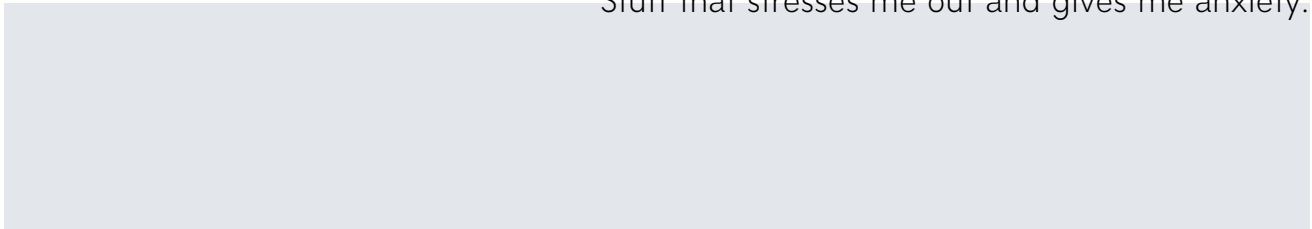


my not-to-do list

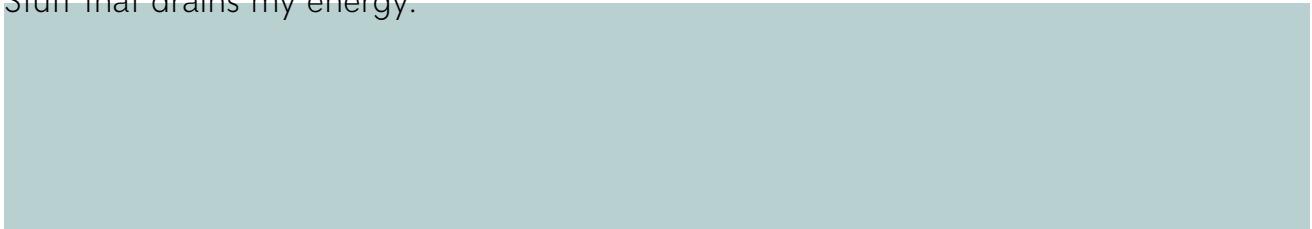
Stuff that distracts me and wastes my time:



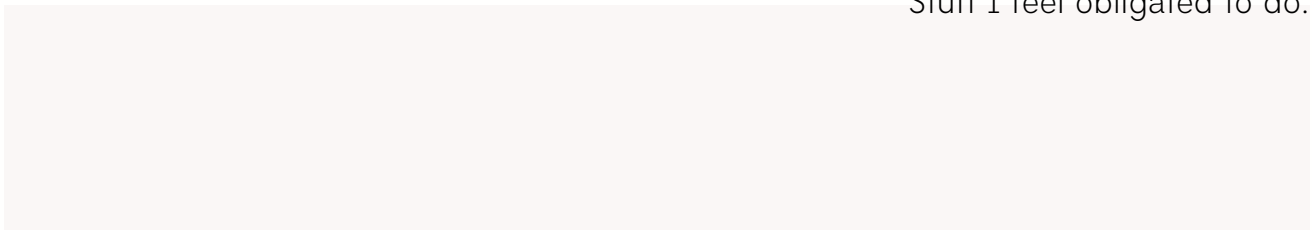
Stuff that stresses me out and gives me anxiety:



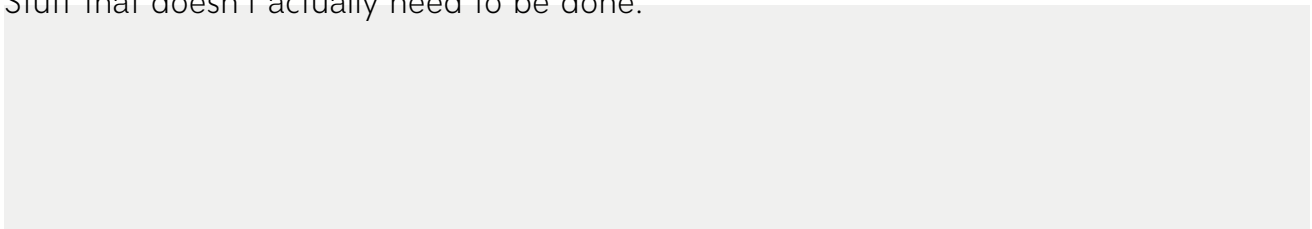
Stuff that drains my energy:



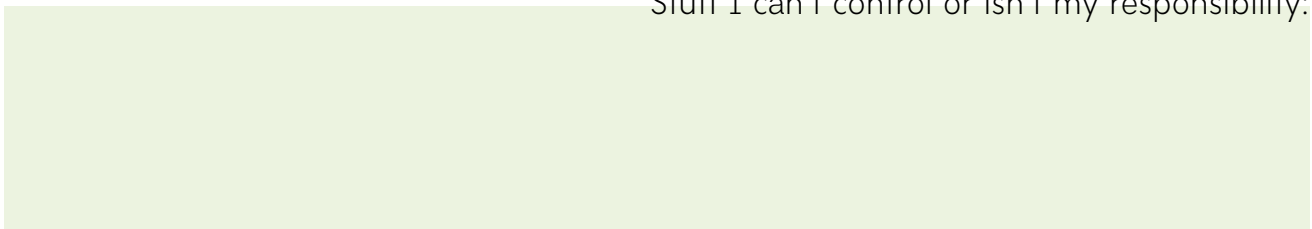
Stuff I feel obligated to do:



Stuff that doesn't actually need to be done:



Stuff I can't control or isn't my responsibility:



3 MINUTE **self-esteem**

Journal



Something I did well today:

I was flexible about:

I felt proud when:

YAY! I:



A person is sitting on a wooden dock that extends into a calm lake. The person is seen from behind, looking towards a range of large, rugged mountains. The mountains are partially covered in green forest. The sky is clear and blue. The water in the lake is still, reflecting the mountains and the sky. The overall scene is peaceful and scenic.

start where you are

use what you have

do what you can

ARTHUR ASHE

bringing it all together

At this point you're probably having some awareness about the things that are working for you and the things that are working against you.

Once you're clear about the life that you want, you can start to ask yourself if specific actions you take are aligned or misaligned.

For example, if you're committed to eating healthy but your cabinet only has Oreos in it, that would be a misalignment (healthy kitchens can have Oreos but they need other things too).

This also applies to thoughts and beliefs.

Let's say you're attracted to men and want to meet the love of your life, but you have a belief that all men cheat and are total scoundrels. That's a misalignment too.

The things we want are more likely to come to us when our physical/mental/emotional/spiritual thoughts and actions are in alignment (at least 50.1% of the time).

With that in mind, think about what you want and use the next few pages to create practices that keep you aligned so you can feel the most you.

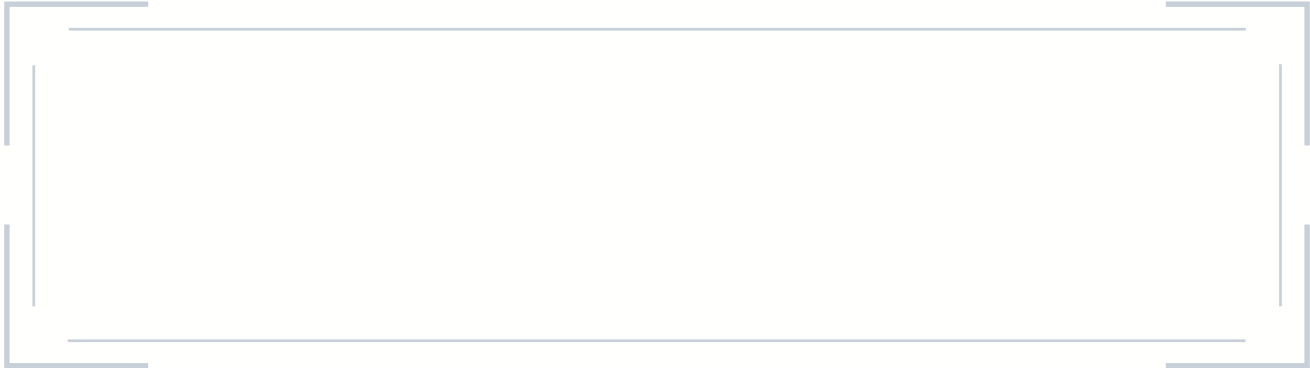


self-care COMMITMENTS

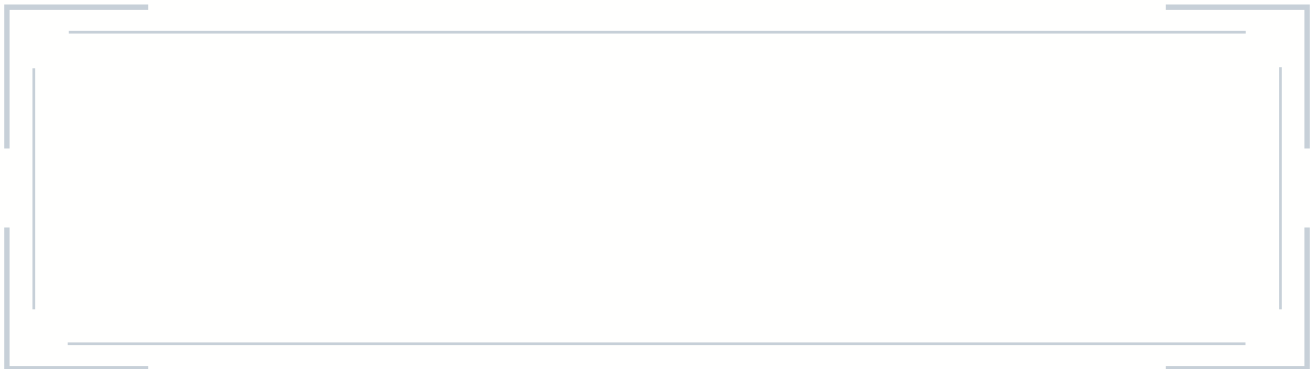
Make them manageable, small, and doable.

Bonus points for adding a “by when” aka specific times/days/dates.

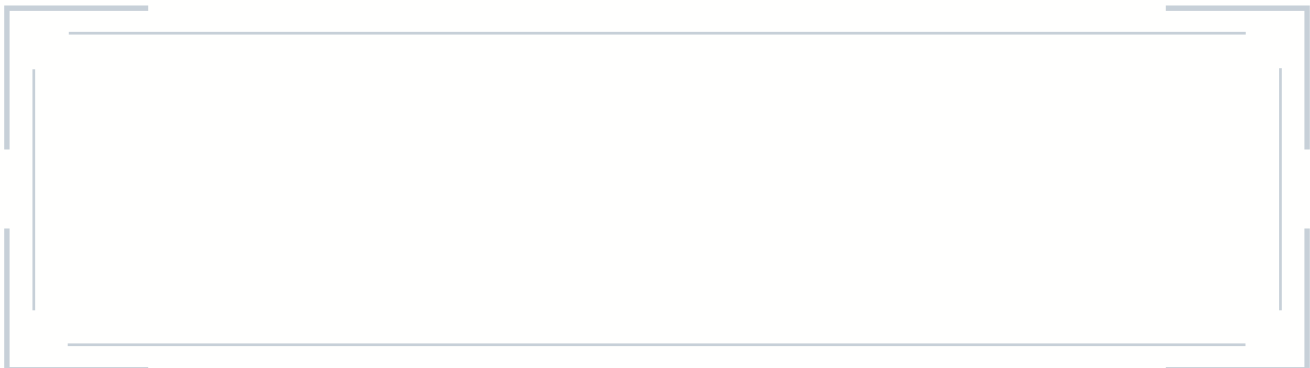
My non-negotiables:



What I'll do when I'm going through challenging times:



Things that make me feel most like myself:

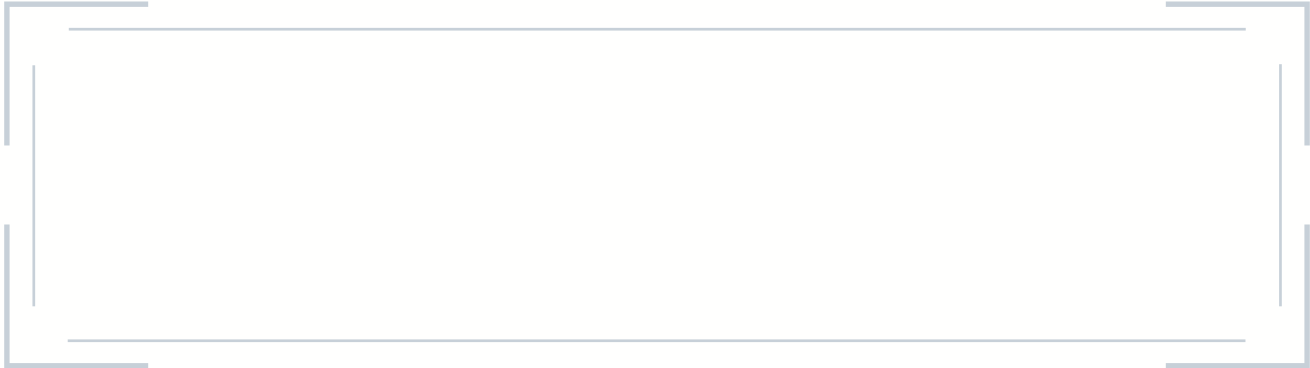


self-care COMMITMENTS

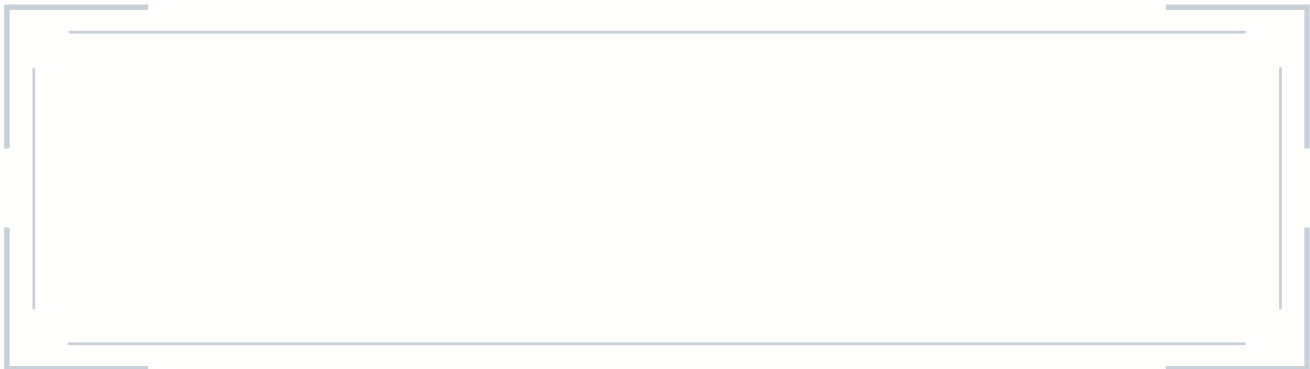
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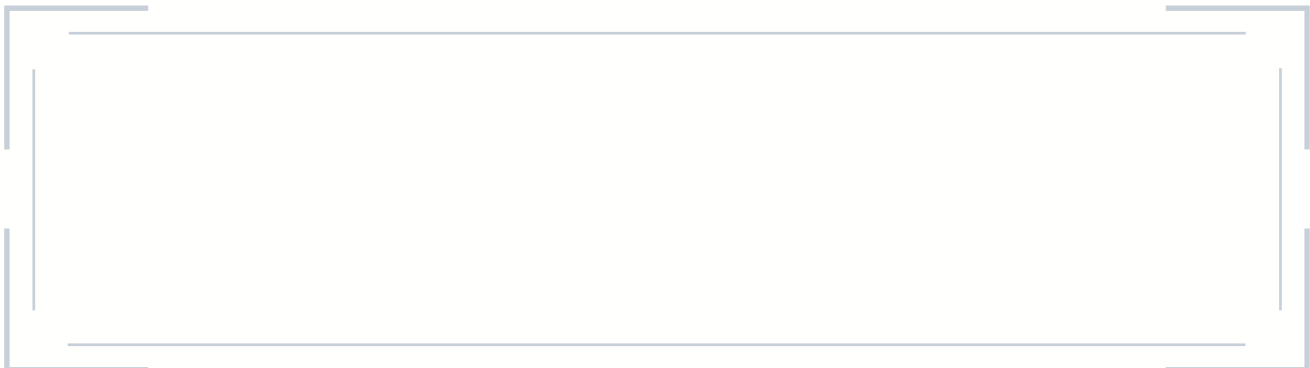
What I’m releasing:



Thoughts I will think more often:



How I’ll be more compassionate toward myself:



It takes 30 days for your brain to start changing a habit. It takes a year to create lasting, permanent change.

Print out multiple copies of this page to keep yourself accountable.



habit builder

J o u r n a l

M T W Th F Sa Su

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daily reflection

We can be so hard on ourselves. It's critical
to acknowledge even the littles of wins
every single day.

ACCOMPLISHMENTS

WHAT I NEED SUPPORT WITH

congratulations!

You gained some insight and created a self-care plan that works for you. If at any point you notice you aren't sticking to it, that's ok! Take time to re-evaluate what's going on in your life and modify your plan.

You don't have to be perfect. You're evolving and so will your plan.

Your commitment to yourself is what will keep you moving forward even when you fall off. Remember, you are capable and you can figure anything out.

Stay committed.

Believe in yourself.

Keep going.

Rest when you want to.

With Love,
Carmen xo



Hi,

I'm Carmen

As a first generation kid I was constantly trying to bridge the space between my family's culture and the environment I was being raised in. Books helped. I read my first spiritual books (Be Here Now and Way of the Peaceful Warrior) when I was 13 which led me on the path of self inquiry.

Since then I've read hundreds of books, explored all different types of religions, self improvement seminars, psychology, and healing methods. This eventually led me to acupuncture school, where after four years of study I earned a Masters Degree in Traditional Asian Medicine.

I focused on mental health in my acupuncture practice because it felt like the most important pillar of health. Over the years I've explored countless modalities and my own spiritual path. I feel blessed to have created a life that I truly love. And I delight in taking all my learnings and turning them into practical solutions with a mystical flair. My mission is to help people snap out of self-doubt so they can confidently create a "holy shit I have it all" life that leaves them spellbound by their effortless magic.

If you're craving taking the practices you've created to the next level, while being supported by the most extraordinary group of humans, check out [The Casual Coven](#). I created The Casual Coven as an online space for the spiritually-curious to create sustainable rituals so they can create a magical life.



Social: [@CarmenMargazi](#)

The Casual Coven: www.casualcoven.com

Work with me: www.CarmenMargazi.com

