



Live Your Extraordinary Life

Love Your Life

A Practice of Radical Self-Care

#30DaysOfSelfCare

"Taking good care of yourself is a way of thanking God for this life and this body which are designed to serve you well and help you fulfill your purpose."

- Unknown

with

Muse Laura





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"We are always getting ready to live but never living."
– *Ralph Waldo Emerson*

It is time to start living!
Congratulations on taking this important step in your life.
I look forward to sharing this journey with you.
Peace & miracles,
MuseLaura

Filling your cup, taking care of yourself. It's not easy. I'll tell you out of all the things I "preach" this one is the hardest for me to practice. As a mom, entrepreneur, friend, mentor, and so many other hats, other things and other people just always seem to come first. Believe me, if finding time for yourself is a struggle for you, I feel your pain.

But, truly, living an Extraordinary Life means taking care of yourself and keeping your cup full. When your cup is full, overflowing even, you will have more energy to reach out of your comfort zone, more energy to step into your passion and more energy to share love with others.

For many of us, we can barely keep our cup full "just enough" to function.

We run on empty or close to empty, pushing through our days, weeks and months with very little left, if anything, for ourselves.

Survival mode is not extraordinary living, it's merely surviving.

We often choose to do something for ourselves when we realize we are tapped out. Completely exhausted, we may finally take an afternoon off, or go to bed early, or go really crazy and schedule a massage.

Here's where I want to challenge you. Are you ready?

What if self-care was proactive rather than reactive?

Meaning you do something for yourself regularly, whether or not you "need" it.

Radical, I know. Hence the name.

Are you ready? Let's start with a 30-Day Challenge and go from there. I LOVE 30-Day Challenges. No, really, LOVE. Change can be tricky, I know. But there is something about taking it to the next level in bite-sized pieces. You can do 30 days. Can't you? And after 30 days of taking care of yourself...well, nothing will be the same.

30 Day Of Self Care

Here's what you must agree to do:

A Daily-Weekly-Monthly practice.

Daily:

You will do a minimum of ONE thing every day. Yep, you heard me every day. Each and every one. Before you freak out, this one thing can be super small, just 5 min. But a day cannot be missed.

Weekly:

Do something that is a bit bigger for yourself weekly. Maybe a yoga class. (What? [she says with wide-open, innocent eyes. :-]] You HAD to know I would mention THAT, right?) Or a walk around a pretty nature preserve or lunch with a friend. I have more suggestions below.

Monthly:

One time this month you will take a day-long retreat. Yep, you heard me — an ENTIRE DAY — and do things that fill you up. Oh, man, this one is tricky for me! If it is too hard, first of all, think about that (and have a hard look at why that might be!).

Second of all, start smaller if you need to. How about a half day? An entire evening? The key is to do things that fill you up.

So, are you in? If so, let's get going!

We are going to plan it out. In order to succeed with this, you have to prepare. You will be planning what you will and when you will do it.

I am also including a check off sheet for you. I find it keeps me honest and I LOVE to check things off!

Okay, while it is 30 days to start, the intention is you continue. You know that, right?

You are going to keep up this lovely practice going forward.

I won't make you promise to it...yet...but you know it's coming, right?

(Thought I would mention that...in the interest of full disclosure!)

Strategy

We want to be very strategic with your self-care. I know you don't have a lot of free time so when you are planning time out of your day for YOU, we want to make sure you use it well.

Take a moment to decide what kind of self-care you need. We are multi-layered beings. We have physical bodies, we have minds, emotions and a spiritual body.

Which one of these parts of you needs some extra care?

Physical

How is your body doing? Is physical tension bothering you? Are you exhausted from lack of sleep? Have low energy from a poor diet?

Mental

Have you been overworking your mind? Forcing long periods of focus on yourself? Feeling stress of overwork?

Emotional

How has your interaction with others been? Do you feel fulfilled in love and connection?

Spiritual:

How has your connection with yourself been? Are you aware of what is going on inside of you? Are you feeling your higher purpose?

Realize that anything you do to fill up one area will trickle out to help the other, of course, but you will feel much better if you feed the one that needs to be fed most.

For example, you may have been through a particularly stressful time at work or school when you used an enormous amount of mental energy. While you are definitely physically exhausted from the stress, a mental break is what will replenish you the most.

If you did a lot of physical labor and your body is sore, an emotional break, calling a friend, won't replenish you as much as a hot bath and a good night's sleep will.

My Plan

Here are some ideas for each one. Mark the ones that sound like, "Oh, wow! I would LOVE that!" to you. (You may also really need any that make you feel like, "Eeew! I would not want to need that!" Just saying.)

Physical

- Fresh air
- Physical exercise
- Hot bath
- Yoga/Tai Chi/Chi Gong
- Drink enough water
- Shower/bathe with candlelight or aromatherapy.
- Chiropractor
- Use essential Oils

Spiritual

- Spend time in nature
- Meditate/Pray.
- Yoga/Tai Chi/Chi Gong
- Inspirational reading. Find an author that speaks to you. (Here are a few of our favorite ones: Wayne Dyer, Hicks-Abraham, Donna Farhi)
- Yoga/Tai Chi/Chi Gong/Meditation
- Breathing
- Be in nature
- Light a candle
- Go on a retreat
- Use essential oils

Mental

- A hot cup of tea on the deck.
- Use essential oils
- A few minutes of meditation.
- Yoga/Tai Chi/Chi Gong
- Learn something new: a hobby, a new language, astronomy, astrology, anything
- Read inspirational book
- Join a new club such as a book club, garden club, anywhere you have interest
- Travel
- Declutter

Emotional

- Write a letter to a friend
- Call a friend
- Spend time with people/animals you love
- Go out to lunch with a friend
- Spend time doing things you love
- Practice contentment and gratitude
- Use essential oils

*She made a promise to herself to hold her
own well-being sacred.*

– Unknown

Did you notice how a few activities fit into more than one category? Why do you think I love yoga and essential oils so much? Get a bit more bang for my time! :-)

Now it is your turn to decide what to do. Create a list of activities for daily and weekly activities you would enjoy. Then decide when you will do them. We will plan the monthly retreat separately.

Daily Ideas:

Weekly Ideas:

When will you do your daily action step? : _____

When will you do your weekly action step? : _____

Now add these activities into your calendar....

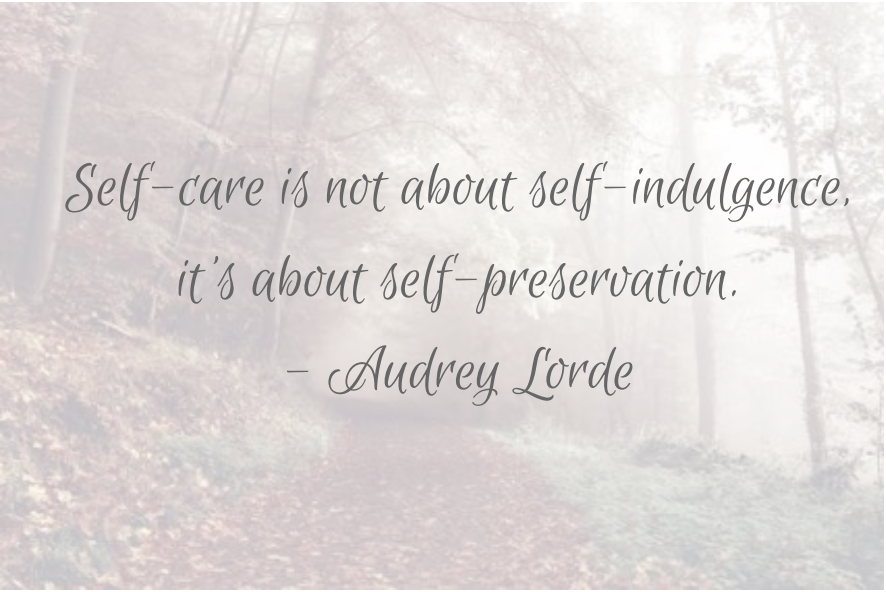
Yep, now. I'll wait....

Self-care is not selfish.

You cannot serve others from an empty vessel.

- Eleanor Brown

Planning my Monthly Retreat



*Self-care is not about self-indulgence,
it's about self-preservation.
- Audrey Lorde*

Begin by finding the day you will take for your retreat day. I give you permission to make it a half day if that is all you feel you can do. (But do have a serious discussion with yourself about what it will take for you to give yourself an entire day. It is only 12 days a year!)

Now begin brainstorming your plans. What do you want to do? Here are a few ideas to get you thinking:

- Do you want to be with people or by yourself?
- Do you want to be active or quiet?
- Would you want to be home or out of your home? (Hint: If being at home is hard for you to relax because it just reminds you have the chores you have, get out of your house.)
- Are there any services that would fill you up? (massages, nails done, etc.)
- Do you have a favorite food that you want to enjoy?
- Is there anyone with whom you want to spend your day?
- Is there a favorite place you would enjoy visiting?



*On the next page,
plan your
Retreat Day:*

*My
Monthly Retreat*

Date of my Retreat Day: _____

Morning

Afternoon

Evening

Loving Your Life

Imagine what 30 days of self-care will do...

Can you imagine what 30 days of taking care of yourself with intention and consciousness will do for you?

Can you begin to understand why this is part of Loving Your Life?

When we start to take better care of ourselves, proactively rather than reactively, and with intention, everything changes.

When we show up in the world filled up, we will be able to share so much more. We will feel abundant with energy, moving beyond scarcity and fear.

Take a moment to think about how you will show up in life filled up. Is there any area of your life you would like to exhibit more grace and ease? Being filled up will help you.

Can you think of anything in particular that will change? How will it change your relationships?

Imagine the abundance you will be attracting.

Imagine the possibilities this filled up state will bring.

Now...let's get started.



About Author

Laura Erdman-Luntz

Experienced Yoga Educator, inspiring Life Coach, author and Business Entrepreneur, Laura Erdman-Luntz (MuseLaura), has over 20 years experience in the fitness and wellness industries. She uniquely blends her Life Coaching knowledge and vast experience with Yoga to create programs, classes and workshops that truly do bring mind and body together for positive change, inspiring people to live their most extraordinary life. She incorporates New Thought ideas into classes and programs on positive living, manifesting and changing subconscious beliefs. She has published several books, including *Awaken to Joy* and *My Inspirational Year*.

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