

TAKE CARE OF YOUR LIFE: TAKE CARE OF THE WORLD

Adapted from the work of Joan Halifax who asserts that keeping your personal life together is not an optional indulgence but an absolute necessity when it comes to being of use to others in the world. When it comes to Mystery Watching practitioners develop a personal care plan to maximize their efforts regardless of where they are on the Mystery Path.

MYSTERY PATH SELF-CARE PLAN

Directions:

- Choose a practice for each aspect of self appropriate to your developmental phase
- Choose a buddy with whom to share your plan and who will help you to stick to it
- Share the plan with your Mystery coach, review/revise every three months
- Keep a copy at work and at home

Plan				
Name :		Name of Buddy:		
Name of Coach:				
Date Established and Coach Reviewed:				
Dates Reviewed:				
Novice	Apprentice	Artisan	SME	
BODY				
MIND				
SPIRIT				
PSYCHE				
SOCIAL				

Practice examples:

Make own choices with time frames, frequency, duration etc	
BODY	Deep breathing, healthy diet, yoga, walk to work, rituals, keep on schedule, de-clutter
MIND	Meditation, study, less TV, read for pleasure, music, affirmations
SPIRIT	Mindfulness, explore retreats, attend a faith community,
PSYCHE	Join a support group, consider a counselor, monitor stressors, set boundaries
SOCIAL	Have more fun, frequent date-night with partner

The more peaceful and accepting caregivers, are the more helpful we can be to the dying. (Halifax)

Brenda Clarkson - bclarkson@virginiahospices.org & Myra L. Lovvorn – isupposellc@icloud.com