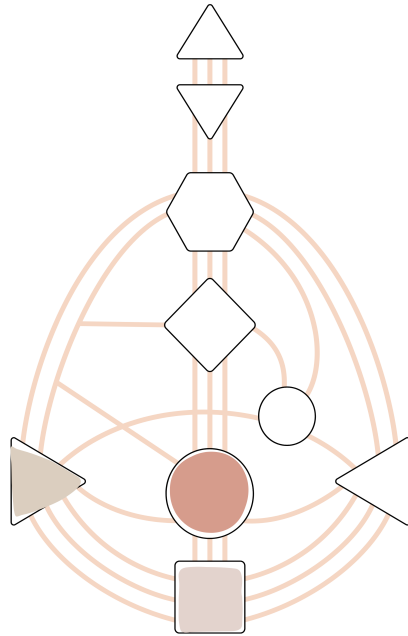


# *Uniquely Designed Self-care Plan*



*created for*

**Crystal Gardner**

29th May 1981 @ 21:27

Albuquerque, New Mexico, United States

*written by your wellness coach*

*Crystal Gardner*

# *Introduction*

We all know that what works for one person doesn't necessarily work for the next.

But do we really take that to heart? Do we really think about how our experiences have shaped us and who we are today?

I think we're all guilty of not doing this as much as we should. It's easy to get wrapped up in the trends, or follow the advice of "experts" without questioning why it works for them and why it might not work for you.

This is true of self-care too. What works for one person doesn't always work for another, so it's important that you figure out what self-care looks like for YOU. It's also important that you take the time to prioritize yourself, and make sure you are taking care of YOU.

The best part is, you already have the cheat codes. It's embedded in your Human Design.

Crystal Gardner , you just downloaded the ultimate cheat code to putting yourself first, while creating comfort, and joy in your day-to-day life. Get ready to transform into “her”, the women you’ve always wanted to be.

Before you dive into your report, I wanted to share the following tips with you to get the most out of this report:

**What is Human Design?** HD is a combination of The I Ching, astrology, Kabbalah, Hindu-Brahmin chakra system, and quantum physics, organized in a logical system. By inputting your birthdate, time, and location, the Human Design Chart, also known as the BodyGraph, can be computed to uncover your genetic blueprint. Think Myers-Briggs meets Astrology.

**Human Design isn’t the end all be all**, it’s a tool, much like a hammer, to help you build your dream home. Don’t put yourself in a box, or give yourself a label, no dogma allowed here. Again, it’s a tool that I’m helping you learn to use for the ultimate self-care glow up.

**Change, you need to want it.** If you ever get stuck, or overwhelmed while implementing your uniquely designed self-care, ask yourself why do I want this? Why am I doing this. These questions will help to get back on track, and guide you towards taking action.

**Action, if you don’t take it, nothing will happen.** Honestly, I don’t need to say more. I can’t help you take action, this is where you come in. I have provided a map to the pot of gold, you just have to take action to put that gold in your bag. If you need more support, feel free to reach out regarding upgrading to one-on-one coaching.  
[uniqueselfcare@dailyritualboutique.com](mailto:uniqueselfcare@dailyritualboutique.com)

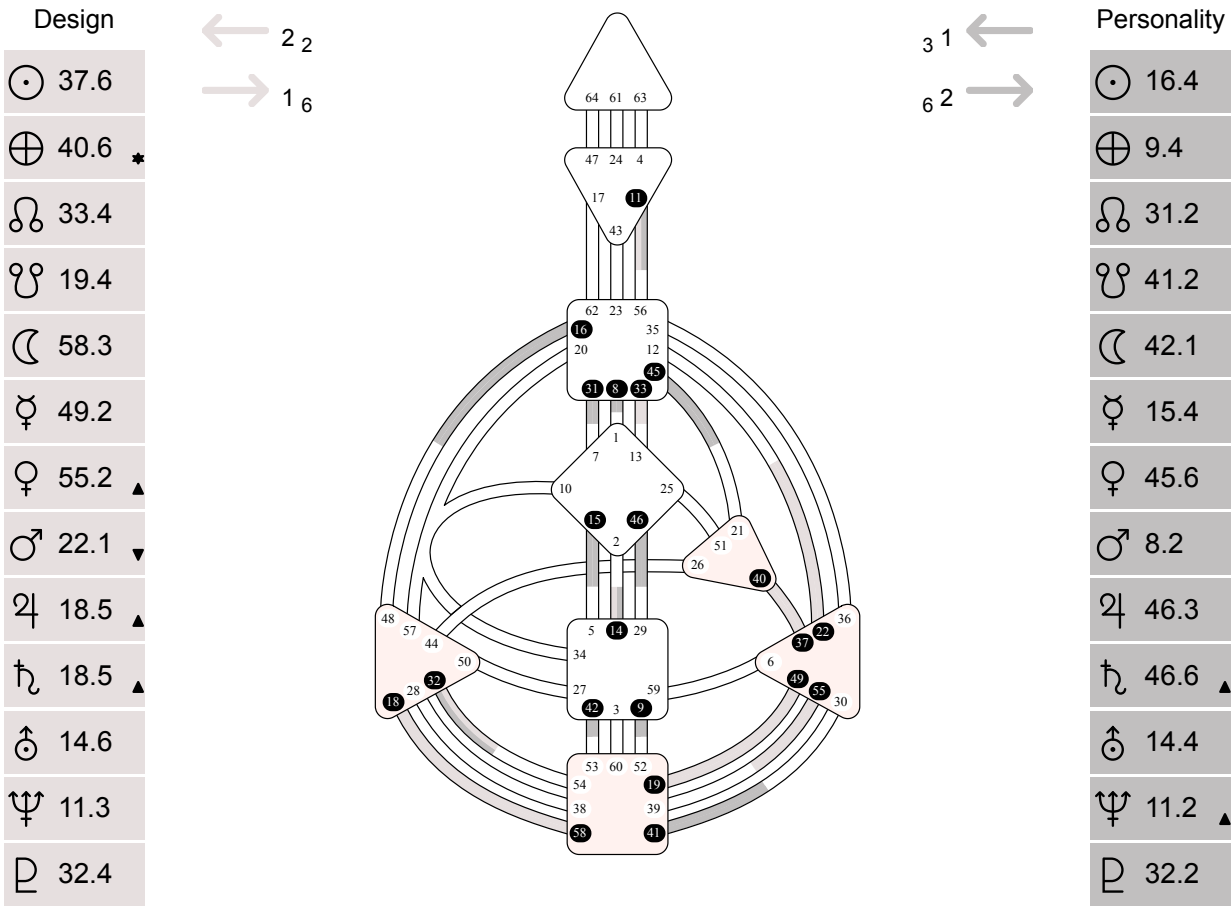
Now that we’ve got that out of the way, it’s time to learn how to cheat at prioritizing your self-care.

*Crystal Gardner*

# ***Meet Your Bodygraph***

Based on your birthdate, birth time, and birth location a bodygraph is created (using I Ching Hexagon placement, quantum physics or energies of the planets, and centers similar to chakras). This bodygraph is able to tell us (like astrology) your unique makeup, or what I like to call blueprint, when you were born. It's jam packed with information on how, and why, you do the things you do. What works, and what doesn't. So let's take a look at your body graph and breakdown the meaning behind it.

Your Human Design Bodygraph



# ***Your Human Design Bodygraph Summary***

**Type:** Projector

**Strategy:** Wait for the Invitation

**Authority:** Emotional - Solar Plexus

**Not-Self Theme:** Bitterness

**Profile:** 4 / 6

**Centers:** Root, Sacral, Splenic, Solar Plexus, Heart, G, Throat, Ajna, Head

**Environment:** Caves

**Sense:** Action

**Cognition:** Taste

**Digestion:** Open

## ***What does it all mean?***

Now that you've glanced at your bodygraph chart, you are probably wondering what does it all mean. Don't worry, it seems like a foreign language, but it's not. I'm going to break it down in the following pages. I did want to note, that I have only provided you a foundation of what is available with Human Design. This is more than enough to get you started on your journey. You'll learn what each definition/part of your chart means, as well as how it relates to your personal self-care and wellness. I'll also include what works, and doesn't for you from a self-care and wellness perspective.

## ***Your Energy type: Projector***

You are all about being (living your best life) instead of doing. Your superpower is to sit back and take it all in. You can see the potential, the talent, and next steps before others. You only do when you feel moved, and your energy is needed to guide others.

### ***What Doesn't Work When It Comes To Self-care:***

Helping others and charity is a great form of self-care, but for you when it comes to over guiding, and taking on too much, it depletes you.

Doing more than you need to. You don't need to do a head to toe self-care routine in one day. Remember, your essence is about being, not doing. Learn to know your limits and enjoy where your current passion or focus lies. If your current passion or season is skincare, specifically focusing on sensory beauty with oils, or testing out the different kinds of facials. Do that, and do it well.

### ***What Does Work When It Comes To Self-care:***

Rest is key. You need to be well rested, so you can be available to guide those who need you, and take everything in around you.

Space and time away from the go, go, go of life/hustle culture. It can easily zap your energy and sense of just being.

A focus on what you love and embracing it. You only need to do a little to get that self-care hit you need.



### ***Suggested Self-care Activities:***

Doing just a little bit here and there. You don't have to do it all. Pick one thing you love and focus on that for a while.

No one has probably ever told you to nap since you were little, but a power nap here and there is permissible and welcomed for you, but make sure you are getting good sleep overall. Go to bed before you're sleepy, and sleep till you feel well rested. I've included a sleep tracker in the following pages. For the next 31 days, track how many hours you are getting and keep notes of how you feel, why you felt this way, and how your projector energy is affected.

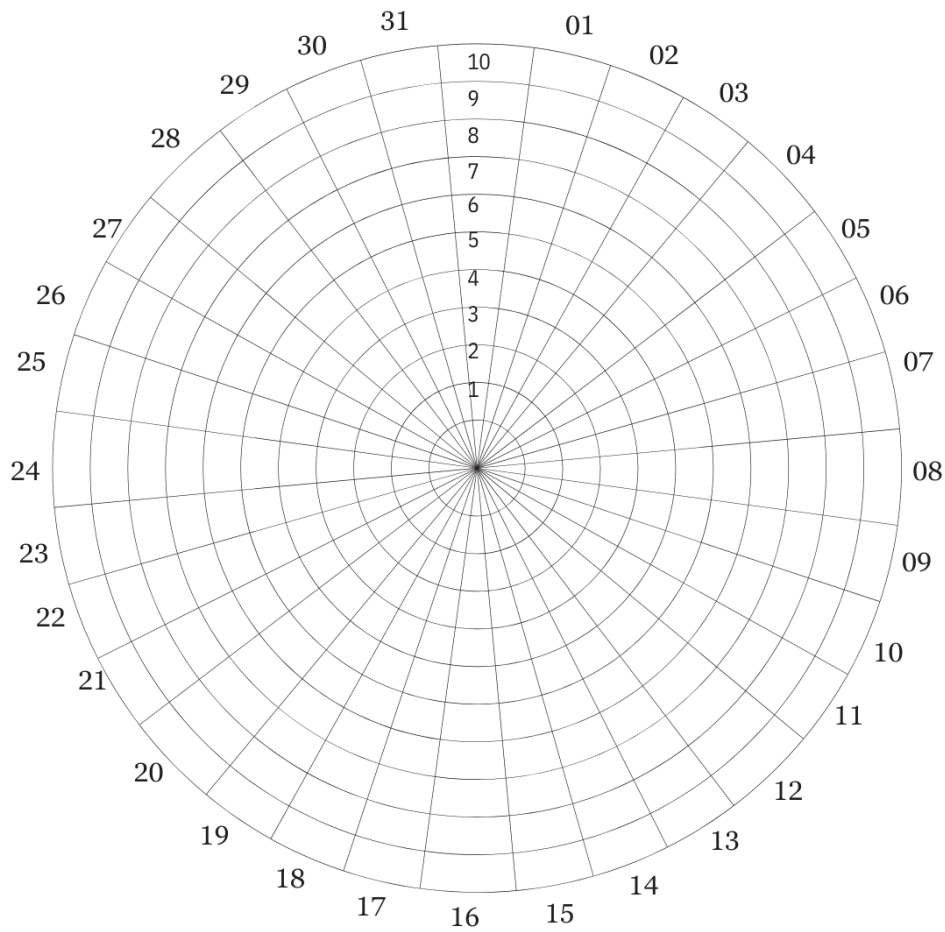
Opt for slow mornings and evenings where you aren't rushed. Sit back and enjoy that cup of tea, turn on the music in the morning, a candle by your bedside while you read a book before bed.

Several quiet times or breaks throughout the day to help you recharge and decompress. This includes space/time away from loved ones, even the kids. You are no good to those you love when you are burnout and struggling.

Work in short bursts or blocks of time if possible. Long work hours deplete your energy. If this isn't possible, revisit the quiet times or breaks throughout the day. Workouts should also be shorter in nature.

# SLEEP TRACKER

MONTH \_\_\_\_\_



NOTES

---

---

---

---

---

---

## ***Strategy: Wait for the Invitation***

Before you can be of service to others, or take on new opportunities, you have to focus on you, and take care of yourself first.

### ***What Doesn't Work When It Comes To Self-care:***

Taking care of everyone and everything before yourself.

### ***What Does Work When It Comes To Self-care:***

As mentioned earlier, rest. Take time for yourself to rest. Get caught up in you, and the things you like to do, or that make you happy. This will reboot your energy, making yourself available to help others or take on new opportunities.

### ***Suggested Self-care Activities:***

Focus on yourself, your passions, and your well-being. Once you are rested, re-energized, and being, you'll find that new opportunities come more easily and that people are drawn to your energy. Use the Self-care Tracker on the following page to list out all the things you love to do, or want to try. Keep this front and center and incorporate them into your life. Remember, you don't have to do them all at once, pick one to focus on and go from there. I also want to note, that self-care encompasses many practices, so don't lock yourself into one idea or thing. Pamper time is the typical go-to, but hobbies, art, music, building, creating, moving, therapy, stopping to smell the roses... are all forms of self-care.

# SELF-CARE PLANNER

DATE \_\_\_\_\_

## DAILY CARE

MENTAL	<hr/> <hr/> <hr/> <hr/> <hr/>
PHYSICAL	<hr/> <hr/> <hr/> <hr/> <hr/>
SPIRITUAL	<hr/> <hr/> <hr/> <hr/> <hr/>

## WEEKLY CARE

MENTAL	<hr/> <hr/> <hr/> <hr/> <hr/>
PHYSICAL	<hr/> <hr/> <hr/> <hr/> <hr/>
SPIRITUAL	<hr/> <hr/> <hr/> <hr/> <hr/>

## MONTHLY CARE

MENTAL	<hr/> <hr/> <hr/> <hr/> <hr/>
PHYSICAL	<hr/> <hr/> <hr/> <hr/> <hr/>
SPIRITUAL	<hr/> <hr/> <hr/> <hr/> <hr/>

## YEARLY CARE

MENTAL	<hr/> <hr/> <hr/> <hr/> <hr/>
PHYSICAL	<hr/> <hr/> <hr/> <hr/> <hr/>
SPIRITUAL	<hr/> <hr/> <hr/> <hr/> <hr/>

## ***Decision-Making As Self-care***

I'm calling out this section because we often overlook this aspect of self-care or don't consider it. It's just something we do on autopilot daily. Decision-making can be a form of self-care because when we make conscious choices that align with our values and priorities, we feel more in control of our lives and experience increased well-being. Let's talk how you make decisions and how to tap into decision-making based on your design, and an intuitive level.

## ***Authority: Emotional - Solar Plexus***

Your inner authority is your GPS, or navigator, that helps guide you. It's the piece of you that knows if something is right, or not for you (intuition). It's how your body speaks to you. Your inner authority, or GPS functions off of emotion. This doesn't make you emotional, it makes you more aware and in tune with how you are feeling.

If it doesn't feel right, or bring joy... it's time to re-evaluate if it's right for you, or something that needs to go.

When making decisions, you need to ride the wave of your emotions till your GPS or navigation tells you it feels right.

### ***How to strengthen your decision-making skills***

Take time to make decisions and ride the wave of your emotions till you feel right about the decision.

Get in touch with your inner GPS (intuition). (mindfulness meditation)

Ask yourself intuition questions, this is more than just asking yourself a question. Sit down in a quiet space. Address your intuition directly and ask away. Journal your feelings and insights on what she says. Keep in mind you want to write down what comes to mind first, don't think about it... just write the thought down.

If you are having a hard time hearing your intuition, give muscle testing a try. Muscle testing (also known as applied kinesiology), can be used to discover what your body responds to (a weakened muscle reaction, or strong muscle reaction). This process taps into the subconscious mind and allows us to answer questions about our physical, mental, and emotional well-being.

## ***Intermission***

If you found yourself reading through the pages of this guide and loving it, taking it all in, applying it, and making changes, then my mission is accomplished! The crazy part is there is still more to come, I haven't even delved into: understanding your not self, signature, profile, centers, environment, sense, and digestion. I wanted to share with you a taste of what I've learned, using Human Design, when it comes to your self-care and wellness. With that said, the FREE guide ends here (your weekly self-care planner and road map are available on the following pages). I know, I know... you might be upset, but a lot of hours, training, learning, writing, and sleepless nights went into the creation of this guide. Its information is so valuable, and worth it's weight in gold. Simply put, it's life changing! To access the remaining pages and worksheets, you will need to download the full guide during the official launch on August 18th. You'll get half off the full price, so make sure to keep an eye out on your email for the discount code that will go out the week before the launch. If you have questions, want to learn more about self-care and wellness, make sure to follow me on Instagram, Facebook, and YouTube. I'll be in touch.

xoxo,

*Crystal Gardner*

## ***Self-care Planner & Tracker***



Writing down your plans and goals is a powerful way to achieve success. When you put your plans on paper, you are creating a concrete and tangible reminder of what you want to achieve. This helps you clarify your plans and set a clear path.

You can break down your goals into smaller, actionable steps that you can take on a daily. Writing also helps you reflect on your progress, identify potential obstacles, and adjust your strategy accordingly. When you have a written plan, you are more likely to stay focused and motivated, and less likely to get sidetracked by distractions or setbacks. So what are you waiting for? Start writing down your self-care plans and goals on the planner and tracker pages provided.

# SELF-CARE PLANNER

DATE \_\_\_\_\_

## DAILY CARE

MENTAL	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
PHYSICAL	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
SPIRITUAL	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>

## WEEKLY CARE

MENTAL	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
PHYSICAL	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
SPIRITUAL	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>

## MONTHLY CARE

MENTAL	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
PHYSICAL	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
SPIRITUAL	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>

## YEARLY CARE

MENTAL	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
PHYSICAL	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
SPIRITUAL	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>

# SELF-CARE TRACKER

WEEK OF \_\_\_\_\_

## MORNING ROUTINE

HABIT	MO	TU	WE	TH	FR	SA	SU

## EVENING ROUTINE

HABIT	MO	TU	WE	TH	FR	SA	SU

# SELF-CARE TRACKER

WEEK OF \_\_\_\_\_

## MORNING ROUTINE

HABIT	MO	TU	WE	TH	FR	SA	SU

## EVENING ROUTINE

HABIT	MO	TU	WE	TH	FR	SA	SU

# SELF-CARE TRACKER

WEEK OF \_\_\_\_\_

## MORNING ROUTINE

HABIT	MO	TU	WE	TH	FR	SA	SU

## EVENING ROUTINE

HABIT	MO	TU	WE	TH	FR	SA	SU

## ***Your Self-care Roadmap***

*"It can take anywhere from 18 to 254 days for a person to form a new habit, and an average of 66 days for a new behavior to become automatic.*

*There's no one-size-fits-all figure, which is why this time frame is so broad; some habits are easier to form than others, and some people may find it easier to develop new behaviors.*

*There's no right or wrong timeline. The only timeline that matters is the one that works best for you."* ~ Healthline.com

As we close out this guide, I wanted to remind you, this is a journey and all good things take time! Use the following roadmap as needed when you feel like things aren't lining up, or taking "too long". As cliché as it is, it's true, "all good things take time". This roadmap will remind you of where you are and where you are going, but most importantly, it's YOUR journey.

# Self-care Roadmap

## You're finding your groove

You are at the start of your journey finding your way, what works and doesn't. It's ok to fall off, to change things, and test.

30

## Habits become automatic

You found what works, and it's starting to become something you do without a thought. Continue to listen to yourself and trust yourself.

66

## The journey continues

Your habit is no longer new, it's automatic, and it's not a part of your life. It's important to remember, you might fall off from time to time, or need to change your approach, and that's ok. Just keep going. This is a journey. Find the block, and work through it. Keep moving forward with the goal you set out and not the old habit, action, or thinking.

90

## Deconditioning

You are on your way to deconditioning from the old way of doing things, or thinking. You look back at the past and wonder, what was I thinking? It seems ridiculous. You are full of joy and comfort. You know how to decipher what works and doesn't work for YOU. Don't forget to celebrate the change and meeting your goals!.

120+