



Heal Thy Self  
**TRIBE**

# Self-Care *Menu*





Hey there!

Welcome to Heal Thy Self Tribe.

This is THE place for people like you who prioritise their health and value Self Care.

Something we find really helpful and wanted to share is having a Self Care Menu.

## What is this?

Most of us growing up were 'rewarded' with candy, or junk food or things of this nature.

This Self Care Menu is about finding new rewards for yourself that light you up AND celebrate your health.

It's so nice to write these things down, and then the next time you want to reward yourself for getting through a busy week, nailing that work project, or for just for being YOU, then you have a nourishing selection of things to choose from.

## There's space on the next page for your answers.

If you like you can print this out and put it somewhere you'll see. Since it's such a habit to 'reward' ourselves with food, putting this on your fridge door is a really good idea to resist temptation and inspire you to go for a 'non-food' treat instead!

So boil the kettle for a herbal tea or make a fresh juice now, then sit down and just start writing some things that you find nourishing and really 'fill' you up.

It can be a great idea to do this as a group with friends or family, or you can do it by yourself.

Here's some of our favourite Self Care Menu ideas to help get you started.

We hope you enjoy thinking about the things that light you up.

*Love*

Tyler, Rachelle  
& the Heal Thy Self Team!

A PLATTER OF  
fresh local  
fruits

A DAY OUT  
ON THE BOAT

Family time  
at the beach

Sitting in the sunshine  
WITH FAMILY OR FRIENDS

30 MINUTES

to myself with a  
herbal tea

A jar with paper notes  
of adventure ideas

A bunch of flowers

A massage

Yoga

Date night  
WITH MY PARTNER

Trying something new  
THAT I'VE ALWAYS WANTED TO DO



# Self-Care *Menu*

1

2

3

4

5

6

7

8

9

10

