

TARA WAGNER

# Self-Care in Seconds.

50+ WAYS TO FILL YOUR CUP  
WHILE ROCKIN' YOUR BIZ



# The Workbook

Use this workbook to follow along with the video and write down your takeaways and Aha moments.

**BELIEF #1 -** \_\_\_\_\_

**BELIEF #2 -** \_\_\_\_\_

**BELIEF #3 -** \_\_\_\_\_

**BELIEF #4 -** \_\_\_\_\_

**BELIEF #5 -** \_\_\_\_\_

## STRATEGY #1 - \_\_\_\_\_

Choose 2 "bookends" and "hooks" in your day:

## STRATEGY #2 - \_\_\_\_\_

What 1-2 new 30 second habits will you start to do during these times?

Use the following page for inspiration.

What steps do you need to take to get set up for these new habits?

I.e. download an app, put your vitamins where you'll see them, set up a notebook and pen, etc.

**Look to the following pages for inspiration, whether you only have 30 seconds or you find yourself with an entire hour to kill! Then fill in Bonus Strategy #3 on page 9.**

# Got 30 seconds?

The secret to the 30 second pocket is to create a tiny sliver of space where you allow yourself to slow down your thoughts and emotions, and practice mindfulness as a way of calming the crazy while tuning into (and slowly learning to prioritize) your needs. These can happen while you're doing your hair, at a red light, on the toilet, you name it. #QualityOverQuantity

- Stop and ask yourself, "What am I really needing right now?"
- Do a shoulder check and make sure they haven't become earrings again
- Close your eyes and follow your breath
- Stop and watch the clouds
- Watch a bird out your window
- Count your heartbeats
- Hug the kiddos for 30 seconds
- Hug your partner for 30 seconds
- Look into your dog or cat's eyes
- Name out loud 5 things you're grateful for
- Wash your face, hands, and forearms to clear some energy from your day
- Roll on your fav emotional oil blends or get your diffuser going
- Close your eyes, visualize yourself growing roots, and expanding your heart
- Give yourself a compliment
- Say a prayer or do a short breathing meditation
- Do some quick stretches at your desk
- Unsubscribe/unfollow 3 negative news sources
- Take a little longer in the bathroom
- Slip your shoes off and stretch them out
- Massage your own scalp or forehead
- Take your vitamins.

**What other tiny things can you do for yourself in 30 seconds?**

# How about 3-5 minutes?

- Nibble slowly on dark chocolate
- Light some candles while you work
- Apply more favorite emotional essential oils
- Turn on your fav 80's jam and dance
- Grab an apple or nuts and fuel your body
- Chug a glass of water with lemon
- Watch YouTube videos of babies laughing
- Move your phone plug from your nightstand to your kitchen
- Take your supplements
- Walk to the corner and back
- Do absolutely nothing for 5 glorious minutes
- Write a note to tuck into a jacket pocket for next season
- Cuddle with your littles
- Practice Smile Therapy - just sit and smile
- Go in for a makeout session with your lover
- Read your affirmations you wrote when you had 15 min to write them
- Breathe into your belly and rib cage
- Text a love note to your person
- Do a few sun salutations
- Play with your pets
- Take the stairs
- Walk in the grass
- Text a friend some encouragement or laughs
- Jump on a rebounder or on the bed
- Do a 30 second recommendation 6x

**What else would fill your cup in just a few minutes?**

# Or maybe 15-30 minutes?

Again, quality over quantity, so let's start by putting down the devices. Mindlessly scrolling Instagram or playing Wheel of Fortune on your phone while laying in bed is **not** self-care. Real self-care leaves you feeling refreshed and happy afterward, not just zoned-out for a bit.

- Listen to a short meditation at your desk
- Make a cup of tea and sip it by a window
- Sit and stare at the wall (no joke, try it)
- Doodle your heart out
- Straighten up your desk
- Run to the store for a bouquet of flowers
- Orgasm. Nuff said.
- Write affirmations about time and self-love
- Call the spa to schedule a facial a few weeks from now
- Make yourself a smoothie
- Get up and walk around the block
- Listen to an audiobook
- Give yourself a mud mask
- Do some stretching at your desk
- Grab a hula hoop and go to town
- Read a chapter of *fiction*
- Find a podcast outside your niche
- Listen to said podcast while making a snack
- Do some EFT/tapping
- Give yourself a mini-facial at home
- Clean out old makeup, underwear, etc
- Lean back, close your eyes, and just breathe

**What else ya got?**

# Whoa, 1+ hour?

The key to really good self-care when you have a wide pocket of time open up, is A) knowing what to do with it, and B) turning off your devices before they suck you back in. (The more that seems impossible, the more you need to try it.)

- Take a magnificent nap
- Color a mandala
- Sing-along to The Greatest Showman
- Curl up with The Breakfast Club
- Make muffins while you dance in the kitchen
- Make love
- Go to the mall and get a chair massage
- Create a vision board
- Take a long walk with your favorite podcast
- Stroll through a bookstore
- People watch at your favorite coffee shop
- Soak in the tub with a novel you'd be embarrassed to admit you love
- Journal
- Call a girlfriend (no chores while you talk)
- Write a letter to your grandmother
- Write a letter to your younger self
- Write a letter to your children
- Do the dishes quietly
- Go pick up some body paints and get jiggy with it
- Make some art
- Make more love

**You guessed it. Add your own ideas to this list:**

# The Self-Care Inspo List

Need some reminders to make self-care easy? Fill this in with your favorite free and paid self-care you can do in seconds or more, and hang in your office.

**When I only have 30 seconds, I'll:**

**When I only have a few minutes, I'll:**

**I'm going to schedule these on a regular basis:**

**When I really want to invest in my own well-being, I'll:**

# BONUS STRATEGY #3 -

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How will you get support to stay on track?

## Tip 1: Join my free [Facebook group](#):

- Ask questions and get ideas from other like-minded boss women
- Create relationships and network
- Be held accountable to your goals and intentions
- Surround yourself with the inspiration you need

## Tip 2: Let's chat about [working together](#):

Sometimes we need personalized support from someone who understands the juggle, another set of eyes (that don't have all our hangups) to point out our blind spots and keep us from falling into our own traps, and a coach who knows how to break or remake both the mindset and practical habits that will set you up for success in both life AND biz simultaneously. Because they both matter.

A one-on-one coaching relationship means:

- Ditching the cookie-cutter approach - because you're no cookie
- Having someone 100% in your corner while you tackle your strategies, both to watch that your mindset and approach are on point and attracting the right business, as well as your tactics
- Real change in your beliefs, behaviors, and results so you can [#crushyourgoalsnotyoursoul](#)

[Click here to learn more about what coaching could look like for you and your business.](#)

# Why hello there, gorgeous!

My name's Tara Wagner.

I'm the breakthrough coach for self-employed women who know the kind of success they crave relies on more than what they do at their desk.

I teach women struggling with their own mindset game really effective strategies for kicking overwhelm, burnout, and Imposter Syndrome to the curb, so you can play bigger in life and work, and finally have the confidence to create the time, freedom, and impact you were made for.



## A FEW WAYS I WORK MY MAGIC...

### 1. BREAK THROUGH THE "BS" (AKA BELIEF SYSTEM)

By reshaping your limiting beliefs and habits with my Breakthrough Formula, you can finally ditch the procrastination, Impostor Syndrome, and overwhelm.

### 2. MASTER YOUR TIME AND PRIORITIES

Distractions, Analysis Paralysis, endless To Do lists leaving you confused with where to even start or how to spend your precious few hours? That all gets the boot.

### 3. A SPLASH OF EMOTIONAL AROMATHERAPY

Essential oils have been proven to impact your limbic system - your "emotional center" - making it easier to change the way you think, feel, and behave. Yay, neuroscience!

## Say hello

