

## Show up for yourself MindMap

### 200+ everyday ways to have your own back

... a raw and unfiltered collection: questions, statements, ideas and (out of the box) inspirations 🧡

#### How to use this checklist

This isn't about doing everything perfectly. It's about gently noticing where you can include yourself in your own life again.

- Pick a topic from the table of contents below and/or choose 1–3 actions that your body feels a quiet “yes” to.
- Try them out over the next days or weeks.
- Tick the box when you do them, note the date, and circle how it felt in your body.

If something feels too much or too activating, that's valuable information too. You can mark it as “Not for me right now” and come back later – or not at all.

Your needs are allowed to be small, big, ordinary, wild, and imperfect. Every tick on this page is you showing up for yourself.

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## 1. Body, Energy & Movement (Nervous System)

I show up for myself ...	tried?	date	body feeling 😊 😐 😞
Being gentler with myself: what does that look like in my body?			😊 😐 😞
Listen to and prioritise my bodily sensations: thirst, hunger, in need of a break or movement			😊 😐 😞
Cancel plans because I feel I'm coming down with something			😊 😐 😞
Book the doctor's, dentist's, physio, counsellor appointment to take care of myself			😊 😐 😞
I show up for myself when I go to bed instead of watching one more episode, even if it ends with a cliffhanger (they all do, don't they 😊)			😊 😐 😞
I show up for myself when I take an extra break on my period instead of pushing through (even if nobody else knows I'm doing it)			😊 😐 😞
I show up for myself when I swap a hardcore workout for gentle stretching because I'm exhausted, not lazy			😊 😐 😞
I show up for myself when I listen to my body's early whispers, not just its screams (headache, tension) <b><u>Blog Post: "From Burnout To Body-Listening: Catching The Early Warning Signs"</u></b>			😊 😐 😞
I show up for myself when I take a 5-minute walk between meetings instead of jumping straight into the next call			😊 😐 😞
I show up for myself when I take a nap on the weekend instead of powering through chores			😊 😐 😞
I show up for myself when I set an alarm to start winding down, not just to wake up			😊 😐 😞
I show up for myself when I sleep in a little longer after a rough night instead of shaming myself for being tired			😊 😐 😞

I show up for myself when I work from the sofa or bed on bad cramp days instead of forcing a "normal" desk day			😊 😐 😞
I show up for myself when I say no to late-night plans because my body is asking for rest			😊 😐 😞
I show up for myself when I follow up on test results instead of hoping "no news is good news"			😊 😐 😞
I show up for myself when I take my prescribed medication or supplements regularly			😊 😐 😞
I show up for myself when I stretch my body after sitting for hours			😊 😐 😞
I show up for myself when I book a massage, physio or other support when something hurts, instead of waiting until it's unbearable			😊 😐 😞
3 conscious exhales before opening your laptop: <a href="#">Hand on heart &amp; "I'm safe, I'm here, I've got me"</a>			😊 😐 😞
Drop your shoulders & unclench your jaw alarm (phone reminder)			😊 😐 😞
"Song of the day" shake-out in the kitchen			😊 😐 😞
Shoulder rolls while the kettle boils			😊 😐 😞
Keep a "calm stone" or fidget toy on your desk			😊 😐 😞
Wrap yourself in a soft blanket when working on scary, stressful tasks			😊 😐 😞
Say no to hugs when you don't feel like it			😊 😐 😞
Give your nervous system a code word: "Pineapple" = pause, breathe, soften			😊 😐 😞
"Body check-in selfies": daily photo, not for social, just to notice posture, mood, presence			😊 😐 😞
Use a specific scent (oil, candle) as your confidence or feel good anchor			😊 😐 😞
Leave a room when your body says "enough"			😊 😐 😞

## 2. Money, Resources & Lived Self-Respect (Resources, Life Admin)

I show up for myself ...	tried?	date	body feeling 😊 😐 😞
<b>Awareness creates choice</b>			😊 😐 😞
I know my numbers: what comes in, what goes out (again: awareness creates choice 😊❤️)			😊 😐 😞
Take small steps to get out of debts & get help if it's too overwhelming for me			😊 😐 😞
With everything I'd like to buy for myself, I ask: Will it bring me joy? Is it necessary?			😊 😐 😞
<b>I invest in myself &amp; my dreams with a course, a book, a tool, a holiday, a treat</b>			😊 😐 😞
I choose to pay for help (cleaner, childcare, therapy) if I can instead of insisting I must do everything myself			😊 😐 😞
I educate myself around money and investment to help make smart choices			😊 😐 😞
I show up for myself when I open the bill instead of avoiding it for weeks			😊 😐 😞
I show up for myself when I check my bank account without shaming myself			😊 😐 😞
I show up for myself when I say no to splitting costs unevenly just to keep the peace or avoid awkwardness			😊 😐 😞
I show up for myself when I put a small amount into savings for Future Me			😊 😐 😞
I show up for myself when I fill out the annoying form or paperwork I've been dreading			😊 😐 😞
I show up for myself when I don't buy something just because everyone else has it			😊 😐 😞
I show up for myself when I keep receipts and claim what I'm entitled to without feeling greedy			😊 😐 😞

I show up for myself when I invest in a course or book that genuinely supports me, not just another trend			😊 😐 😞
Add one tiny buffer: "Peace-of-mind fund," even if it's £5			😊 😐 😞
Ask: "Does this purchase move me closer to the woman I want to be?"			😊 😐 😞
Choose one thing to <i>upgrade</i> (pillow, notebook, pen) as a vote for your comfort			😊 😐 😞
<b>Practice saying "thank you" when complimented, without explaining it away</b>			😊 😐 😞
<b>Allow yourself to ask for fair payment or raise fees</b>			😊 😐 😞
Give your money system a fun name: "Goddess of Admin Treasury" or "Superhero Wealth Lab"			😊 😐 😞
Have a "Money Date" with candles and music to review finances without panic			😊 😐 😞

### 3. Purpose & Meaning

I show up for myself ...	tried?	date	body feeling 😊 😐 😞
Create a "Heroine dossier": strengths, quirks, origin story, kryptonite, superpowers			😊 😐 😞
<b>Write a mini comic strip of my last self-doubt episode where I win in the end</b>			😊 😐 😞
<b>Explore my strengths and skills with curiosity</b>			😊 😐 😞
<b>Allow myself to change my mind, my path, my purpose, as life is not a linear path, life is change</b>			😊 😐 😞
I show up for myself when I let small things feel meaningful: the morning coffee, the way light hits my window, the way I make my child / partner / friend feel seen			😊 😐 😞
I show up for myself when I ask "what would make today a little more meaningful?" instead of "what's my purpose for the rest of my life?"			😊 😐 😞
I show up for myself when I notice the moments I feel most alive in my body and treat those as clues, not accidents			😊 😐 😞
I show up for myself when I choose one tiny thing each day that feels like "this is me" – a song, an outfit, a conversation, a sentence I write			😊 😐 😞
I show up for myself when I let myself care deeply about things that seem small to other people			😊 😐 😞
I show up for myself when I admit that my job might not be my forever-home, without shaming myself for it			😊 😐 😞
I show up for myself when I notice when my body tightens around a decision and treat that as a sign I might be going against my values			😊 😐 😞
I show up for myself when I stop performing values that look good on Instagram and start honouring the			😊 😐 😞

quieter ones that actually make me feel like me			
I show up for myself when I use my strengths on purpose, not just by accident, even in tiny ways at work or at home			😊 😐 😞
I show up for myself when I allow myself to believe that my way of saying things, caring, seeing the world is needed			😊 😐 😞
I show up for myself when I do one small thing that makes someone's day better and let that count as impact			😊 😐 😞
I show up for myself when I let an old version of me retire with gratitude, instead of forcing her to keep running my life			😊 😐 😞
I show up for myself when I make decisions from my future self – the one who trusts herself – not from the scared 16-year-old in my head			😊 😐 😞
I show up for myself when I remember that my purpose is not a job title but the way I move through the world			😊 😐 😞
I show up for myself when I let myself try on a new identity quietly – “writer”, “leader”, “creative”, “business owner” – and see how my body responds			😊 😐 😞
I show up for myself when I step outside, feel my feet on the earth, and remember I'm part of something larger than my inbox			😊 😐 😞
I show up for myself when I let myself wonder, without needing to have all the answers, “What if I'm not here by accident?”			😊 😐 😞
I show up for myself when I notice synchronicities or “little signs” and take them as encouragement, not proof I'm delusional			😊 😐 😞
I show up for myself when I notice which activities make my body feel expanded (open chest, easier breath) and treat those as purpose clues			😊 😐 😞

## 4. Social Life & Relationships (Boundaries, Community, asking for support)

I show up for myself ...	tried?	date	body feeling 😊 😐 😞
<b>Don't judge myself for my needs (being alone, having company, travel the world, get a house, kids &amp; a dog, ...)</b>			😊 😐 😞
<b>making the relationship with myself the most meaningful one &amp; treating myself like the Queen I am</b>			😊 😐 😞
I show up for myself when I say no to a social event I'm dreading, even if I feel guilty			😊 😐 😞
I show up for myself when I leave a party early because I'm done			😊 😐 😞
<b>I show up for myself when I tell my partner/friend what I actually need instead of expecting them to read my mind</b>			😊 😐 😞
I show up for myself when I take distance from someone who constantly criticises me, even if we have history			😊 😐 😞
I show up for myself when I say, "I can't talk about this right now, it's too much for me"			😊 😐 😞
I show up for myself when I don't answer messages immediately if I'm tired or overwhelmed			😊 😐 😞
I show up for myself when I tell a friend, "I'm at capacity, can we talk another day?"			😊 😐 😞
I show up for myself when I let people know what I need instead of hoping they'll guess			😊 😐 😞
Send a "This is hard, can I vent?" message instead of suffering in silence			😊 😐 😞
Ask for practical help instead of hinting ("Could you pick this up?")			😊 😐 😞
Join one online or local group aligned with your values/interests			😊 😐 😞

Host a co-working session with a friend: cameras on, mics off, accountability on			😊 😐 😞
Create your "Superhero Council": 3 real or fictional women you admire & ask: "What would they do?"			😊 😐 😞
Set up a monthly "We're all figuring it out" call with one trusted friend			😊 😐 😞
"Boundary costume": Imagine slipping into an invisible superhero suit when you need to say no			😊 😐 😞
Declare one day per month as "No Plans Day" where you only say yes if it genuinely feels exciting			😊 😐 😞
I show up for myself when I choose to meet one friend instead of a big group because that feels safer and deeper			😊 😐 😞
"I'm not able to do that, but here's what I can offer..."			😊 😐 😞
"I'll need to think about it and get back to you."			😊 😐 😞
Mute or unfollow accounts that trigger comparison			😊 😐 😞
Invest in the friend who texts "How did it go?"			😊 😐 😞

## 5. Emotions, Thoughts & Wellbeing (Mind, Inner Dialogue)

I show up for myself ...	tried?	date	body feeling 😊 😐 😞
<b>I allow myself to not be ok &amp; talk to someone I trust about it</b>			😊 😐 😞
Allowing myself to feel what I feel without judgment or drowning in it (where in my body can I feel it?)			😊 😐 😞
I track my wins and acknowledge myself for them: what does that feel like in my body?			😊 😐 😞
<b>High-five myself, pat myself on the back, hug myself</b>			😊 😐 😞
Listen to the stories I keep telling myself. How do they make me feel? Awareness creates choice			😊 😐 😞
I celebrate my fuckups instead of going into judgement or freeze			😊 😐 😞
I show up for myself when I let myself cry instead of swallowing everything			😊 😐 😞
I show up for myself when I take a mental health day instead of pushing until I break			😊 😐 😞
I show up for myself when I talk to myself kindly after a mistake			😊 😐 😞
I show up for myself when I ask, "What do I need right now?" instead of "What's wrong with me?"			😊 😐 😞
I show up for myself when I celebrate small wins, like sending the scary email or saying no once			😊 😐 😞
Say what I actually think once a day			😊 😐 😞
Take one small step <i>before</i> I feel ready			😊 😐 😞
Rate my fear 1-10 and choose an action that fits a 3, not a 10			😊 😐 😞
<b>Keep a courage log: "Today I was brave when..."</b>			😊 😐 😞
One-word weather report: "Today I feel like... drizzle / sunshine / fog"			😊 😐 😞

<b>I let myself be disappointed without immediately forcing gratitude</b>			😊 😐 😞
Create a "low mood protocol": 3 non-negotiables when I feel low (water, text a friend, 10-min walk, cuddle my pet)			😊 😐 😞
"Of course I feel this way, because..." journal prompt			😊 😐 😞
Cry in the shower; call it emotional detox, not weakness			😊 😐 😞
Write a "break-up letter" to a belief that hurts me ("Dear 'I'm too much'... 'Dear 'nagging voice'...")			😊 😐 😞
Give each recurring feeling a character costume and ask it what it's here to tell me. Name it and answer back with facts & kindness			😊 😐 😞
Replace "I have to" with "I choose to / I'm allowed to"			😊 😐 😞
Write one sentence: "Today I showed up for myself by..."			😊 😐 😞
Host a "mental board meeting": Future Me, Inner Child, Inner Superhero around an imaginary table			😊 😐 😞
"Worry parking lot": a page where worries must buy a parking ticket to stay. If they don't offer solutions, they get towed			😊 😐 😞
Turn "What if I fail?" into "What if this is my training montage?"			😊 😐 😞
Write a "I'm allowed to be human" list			😊 😐 😞
3 things I handled well today (not just "gratitude," but self-credit)			😊 😐 😞

## 6. Dreams, Creativity & Future Me (Play & Pleasure, Growth)

I show up for myself ...	tried?	date	body feeling 😊 😐 😞
Try something new: a class, a hobby, food, a new route to work, a hairstyle, ...			😊 😐 😞
Listen to my heart and inner compass: Is my life in alignment with my dreams and visions?			😊 😐 😞
Do things that feel light and are fun			😊 😐 😞
Allow myself to change direction instead of holding on to something that doesn't feel right anymore			😊 😐 😞
Being aware of my uniqueness: There is only one of me in all of time, make it count!			😊 😐 😞
Allow myself to dream BIG!			😊 😐 😞
Investing 10 minutes into my dream instead of waiting for the perfect free day			😊 😐 😞
I show up for myself when I work on my side project even if no one else takes it seriously yet			😊 😐 😞
Say out loud what I really want, even if my voice shakes			😊 😐 😞
I show up for myself when I save a small amount of money for something that matters to me, even if it's slow process			😊 😐 😞
I show up for myself when I try a class or hobby just because it lights me up, not because it's productive			😊 😐 😞
Rewrite "I am..." statements: from "I'm such a mess" to "I'm someone who is learning to..."			😊 😐 😞
Choose one identity to lean into this month: "Writer," "Leader," "Business Owner" – Do you know any people doing this I admire?			😊 😐 😞
Ask one "slightly scary" question in a meeting			😊 😐 😞

Keep a "Brag File" of wins, testimonials, kind messages			😊 😐 😞
Proactively tell my boss/client what I need to do my best work			😊 😐 😞
Brew my favourite coffee and actually sit down to drink it			😊 😐 😞
Wear the earrings that make me feel like a CEO superhero			😊 😐 😞
10 minutes of "ugly journaling" or messy art – create something with zero aspiration for it to be 'good' or beautiful', create for the heck of creating			😊 😐 😞
Free-write my internal monologue like a film script			😊 😐 😞
Schedule a guilt-free "pottering about the house" hour with no productivity goals			😊 😐 😞
Read a book purely for pleasure, not self-improvement			😊 😐 😞
Make a "Ridiculous Dreams" list with things that feel too big and star one to take a tiny step toward			😊 😐 😞
Look at myself and say: "I'm on your side. Always."			😊 😐 😞
Smile at myself when I pass reflective surfaces (yes, elevators too)			😊 😐 😞
Start with tiny promises I can actually keep (1 glass of water, 5-minute walk)			😊 😐 😞
Review weekly: "Which promises did I honour? Which do I want to adjust?"			😊 😐 😞

## 7. Work & Career (Ambition)

I show up for myself ...	tried?	date	body feeling 😊 😐 😞
<b>I show up for myself when I say no to the extra project my boss wants me to take on because I'm already at capacity</b>			😊 😐 😞
I show up for myself when I ask for a realistic deadline instead of automatically saying yes			😊 😐 😞
I show up for myself when I take my full lunch break			😊 😐 😞
<b>I show up for myself when I ask for help instead of silently drowning</b>			😊 😐 😞
I show up for myself when I log off at the time I promised myself, even if the to-do list isn't done			😊 😐 😞
I show up for myself when I own my ideas in a meeting instead of staying quiet			😊 😐 😞
I show up for myself when I block focus time in my calendar and protect it like a meeting			😊 😐 😞
I show up for myself when I correct my job title or responsibilities if someone downplays them			😊 😐 😞
I show up for myself when I say, "That's not within my role" when someone tries to put unpaid emotional labour on my plate			😊 😐 😞
<b>Hit publish/send on something 80% done instead of perfect</b>			😊 😐 😞
I show up for myself when I treat my current job as a training ground for my future, not a prison I must be grateful for			😊 😐 😞
I show up for myself when I allow myself to be curious about other paths, even before I have a 5-year plan			😊 😐 😞
I show up for myself when I stop telling myself I'm "too late" and start			😊 😐 😞

asking, "What would be one brave next step from here?"			
I show up for myself when I update my CV / LinkedIn / portfolio to reflect who I'm becoming, not just who I've been			😊 😐 😞
I show up for myself when I ask: "What part of my work feels most meaningful to my body?" – and then I give that part more attention			😊 😐 😞

## 8. Food & Nourishment

I show up for myself ...	tried?	date	body feeling 😊 😐 😞
I show up for myself when I say no to the 3rd slice of cake because I know I'll feel sick later			😊 😐 😞
I show up for myself when I sit down to eat instead of inhaling lunch at my laptop			😊 😐 😞
<b>I show up for myself when I pack a snack for a long day, so I don't end up shaky and starving</b>			😊 😐 😞
I show up for myself when I drink water before another coffee			😊 😐 😞
<b>I show up for myself when I choose food that my IBS / sensitive gut can handle, even if others tease</b>			😊 😐 😞
Nourish my body <i>and</i> my life by choosing meals, media, and company that support my energy instead of depleting it			😊 😐 😞
Feed myself in every sense: with good food, kind words, inspiring ideas, and time with people who make me feel safe and seen			😊 😐 😞
Treat nourishment as more than food: rest, beauty, art, laughter, and moments of quiet that refill my inner battery			😊 😐 😞
I show up for myself when I make myself a warm meal instead of surviving on snacks			😊 😐 😞
I show up for myself when I stop eating when I'm full, even if there's still food on the plate			😊 😐 😞

## 9. Time & Planning (Energy)

I show up for myself ...	tried?	date	body feeling 😊 😐 😞
<b>I show up for myself when I leave the house 10 minutes earlier, so I don't start the day in panic</b>			😊 😐 😞
I show up for myself when I plan buffer time between meetings			😊 😐 😞
<b>I show up for myself when I schedule 'nothing time' and protect it</b>			😊 😐 😞
I show up for myself when I choose one priority for the day instead of 17			😊 😐 😞
<b>I show up for myself when I give myself a slow morning after an emotionally heavy day</b>			😊 😐 😞
I show up for myself when I stop working at the time I said I would, even if the to-do list isn't done			😊 😐 😞
Block "Me O'Clock" in my calendar before anyone else gets a slot			😊 😐 😞
Create a "no-meeting morning" once a week, even if I just use it to think			😊 😐 😞
<b>10-minute morning ritual before checking my phone</b>			😊 😐 😞
One daily "non-negotiable" just for me (stretch, journal, tea in silence)			😊 😐 😞
List "energy leaks" & "energy chargers" and change 1 thing per week			😊 😐 😞
Have a "social battery" scale (1-5) and plan accordingly			😊 😐 😞
Treat my calendar like a VIP club: I am the headliner, everything else only gets in if it serves me			😊 😐 😞
Add "white space" blocks titled: "Thinking like a CEO of my life"			😊 😐 😞

## 10. Digital Life & Social Media

I show up for myself ...	tried?	date	body feeling 😊 😐 😞
<b>I show up for myself when I mute group chats that drain me</b>			😊 😐 😞
I show up for myself when I unfollow accounts that trigger comparison, even if they're 'inspiring'			😊 😐 😞
I show up for myself when I stop doomscrolling and put my phone in another room			😊 😐 😞
I show up for myself when I charge my phone outside the bedroom			😊 😐 😞
<b>I show up for myself when I have phone-free pockets of time each day</b>			😊 😐 😞
I show up for myself when I delete apps that makes me feel bad about myself			😊 😐 😞
I show up for myself when I set specific times to check email instead of living in my inbox			😊 😐 😞
Clean my home screen: only apps that support the life I desire			😊 😐 😞
<b>Put affirmations as phone wallpapers</b>			😊 😐 😞

## 11. Home, Rituals & Environment

I show up for myself ...	tried?	date	body feeling 😊 😐 😞
<b>I show up for myself when I wash my face and brush my teeth even when I'm exhausted</b>			😊 😐 😞
I show up for myself when I wear clothes that feel comfortable, not just flattering or trendy			😊 😐 😞
I show up for myself when I tidy one small area instead of attacking the whole house			😊 😐 😞
<b>I show up for myself when I prepare my bag or clothes the night before to make tomorrow easier</b>			😊 😐 😞
I show up for myself when I light a candle, open a window, or put on music to make my space feel good			😊 😐 😞
I show up for myself when I change my bedsheets regularly because I sleep better in a fresh bed			😊 😐 😞
<b>Create a tiny "power corner" with a candle, quote, and notebook</b>			😊 😐 😞
Clear one surface as a gift to Future Me (desk, bedside table)			😊 😐 😞
End-of-day "closing ceremony" (tidy desk, note tomorrow's top 3, light out)			😊 😐 😞
<b>A specific mug, pen, or ring I use only when working on my dreams</b>			😊 😐 😞
Create a "Summon the Superhero" ritual: pose in my imaginary cape, breathe, state one intention			😊 😐 😞
Give my workspace a code-name like "Mission Control" or "Superhero Lab"			😊 😐 😞