



# 66~Day Self~Care Program

...because it takes 66 days to form a habit!

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# 66-Day Self-Care Program

Each week of your 66-day self-care program includes a writing/journaling exercise, breathing and fitness exercises, meditation and/or yoga, and another activity that will strengthen your relationship with your body.

*"When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bounds: Your mind transcends limitations, your consciousness expands in every direction and you find yourself in new, great and wonderful world."*

*- Patanjali*

## Writing Exercises:

Some of these exercises are intended to raise your awareness about your body and the way you perceive your relationship to it. And others are closely related to your past and your emotions. They aim to help you recycle your emotions and use them to deepen your circle of understanding, empathy and care toward both you and other people.

**This is crucial because self-care cannot be reduced to caring for your physical body only. Your body has its reflections on emotional, mental and spiritual levels, which are all interconnected.**

Therefore, an old and forgotten memory of a hurt can emerge in your life in the form of a back pain. A deep resentment that has remained unexpressed can give you a recurring throat ache. Your fears about your future may cause your legs and feet to ache.

On the other hand, a simple act of true forgiveness may work miracles for your body just as a daily dose of yoga or stretching does. Or understanding your fears about the future may bring along a breeze of wellness to your entire life. And writing is an excellent way of instigating such inner processes.

Make sure to use an old-fashioned notebook and a pen for your writing exercises and not your computer.

## Breathing Exercises:

The idea is to learn to breathe through your diaphragm. Even simple breathing exercises will increase your overall energy and well-being. You can alternate between different [breathing exercises](#) that oxygenate the blood, stimulate the lungs and balance the negative and positive energies.

## **Meditation:**

The basic meditation routine includes the following steps. But also keep in mind that the simplest form of meditation just requires sitting quietly with your eyes closed and listening to what is going on inside of you.

- Sit down in the lotus position or in any other position that's comfortable for you.
- Shut your eyes.
- Relax your jaw and your eyelids.
- Gently let your shoulders drop.
- Relax your back and let the cushion or chair support you.
- Close your mouth.
- Breathe through your nose and pull the air to the back of your throat.
- Relax your chest and your shoulders.
- Breathe slowly and gently.
- Repeat this twelve times.
- Keep your eyes shut and bring your attention to your body.
- Observe any sensations such as itches, twitches or a burst of energy.
- Observe your mind. If your mind has drifted away, sweetly bring it back to the physical sensations again.
- Observe if there are any restful or relaxed places in your body.
- Then focus on your eyes, ears, tongue, and nose respectively.
- Open your eyes very slowly and bring your attention to your surroundings.

**Keep in mind that meditation works best when you don't approach it too formally. See it as a simple, pleasant practice or as the time you take to sit down, relax and listen to yourself.**

If you want to learn more about meditating, you should visit [Susan Piver's site](#). She offers various videos on meditation and gracefully teaches simple and practical meditation techniques you can apply every day.

## **Yoga Postures:**

The two postures I recommend for this 66-day practice are Savasana and Surya Namaskar. Savasana, the Corpse Posture, relaxes your body and mind at a deeper level, reduces blood pressure and transfers energy to your spine and internal organs. You might fall asleep during Savasana the first few times if your body is really tired.

### ***Savasana:***

- Turn off your phone, and set a timer in case you fall asleep.
- Lie on your back on the floor or on a yoga mat with your legs stretched out, your heels together, your toes apart, your arms by your side, and your shoulders flat.
- Relax your hands and turn your palms upward.
- Close your eyes. Let the gaze of your eyes be softly cast downward toward your chest.

- Breathe deeply and slowly while gradually reducing the depth of your breathing.
- Notice how your mind starts following your breath.
- Picture and mentally relax your toes, ankles, thighs, bottom, navel, chest, neck, lips, and the tip of your nose one by one.
- Notice how your legs feel as heavy as two tree trunks.
- Relax your eyelids.
- Relax your jaw, let your tongue fall back, and relax your throat.
- If your mind is drifting away, gently bring it back to your breath.
- Gaze upward with your eyes still closed, and focus your attention on the spot between your eyebrows. Now slowly let yourself
- forget your body and feel how it merges with the space around you. Feel the peace and calm cushioning you.
- Stay like that as long as you want. When you're ready to stop, gently wiggle your toes and your fingertips. Open your eyes slowly.
- Stretch, tense and relax your whole body before standing up.

### ***The Sun Salutation:***

Surya Namaskar, the Sun Salutation, is usually performed early in the morning and is perfect for energizing the entire body. This sequence of eight postures is practiced in sets of five, but begin with two sets and then gradually increase the number of sets to perform. Synchronize your breath with the movements of your body. If you already know how to do yoga, you're definitely free to replace the Sun Salutation with different sequences. You can find two good videos that teach this sequence [here](#) and [here](#).

### **Stretching Exercises:**

You can find a sample sequence [here](#).

### **General Practices:**

In addition, please try to do the following **every single day!**

- limit your daily consumption of coffee , alcohol, salt, sugar, spices, fried food, and fat,
- drink at least 10 glasses of water,
- eat less and 'undereat' (stop eating before you feel full),
- eat less meat and more fresh vegetables and fruits,
- sleep for at least 7 hours,
- stand up and move for 5 minutes after every half hour of work in front of a computer

Make sure you download and print the free workbook. Take a look at it every night before you go to sleep so that you mentally prepare yourself for pampering your body the following day.

If you skip a day, don't worry and don't make a big deal out of it. Just move on, and do what you have to do the following day. Most importantly, enjoy what you're doing. You're starting to take good care of yourself like you've always wanted to. **What can be more exciting!**

# 66-Day Self-Care Program Workbook

<b>Day 1</b>	Write a letter to your body. Ask for forgiveness for not having taken good care of it. Then tell your body how you plan to take better care of it for the next 66 days.	
<b>Day 2</b>	Do breathing exercises for 10 minutes. Focus on your navel.	
<b>Day 3</b>	Go out and walk for at least 30 minutes. Concentrate on the sound of your steps. Look around. Breathe in the fresh air.	
<b>Day 4</b>	Meditate for 10 minutes.	
<b>Day 5</b>	Spend at least 30 minutes sitting on the couch or lying on the bed doing nothing. Keep your eyes open. You need your moments alone. Enjoy the stillness and empty space around your physical and mental body. When you stop 'doing' and start just 'being' you feel refreshed, inspired, healed, and energized.	
<b>Day 6</b>	Spend 20 minutes stretching. Stretch your back. Your shoulders, your arms, your neck, your legs, your feet, your hands. Be gentle. Don't force yourself. Enjoy the sensations stretching your limbs causes.	
<b>Day 7</b>	Do the Savasana for 15 minutes before your morning shower and/or before going to sleep.	
<b>Day 8</b>	Your body has a story to tell you. In order to take better care of your body, you have to find out about its needs. And the best way of discovering what will nourish and nurture you is to simply ask yourself. Start with asking your body how it feels. Ask when it feels good and when it feels bad. Listen to what your body tells you. Listen to each part. What does your back say? What do your feet say? What does your throat say? What about your tummy? Your hands? Your eyes? Your mouth? Write down each question. Then stop, listen to your inner being, and write down the answer you think you've heard.	
<b>Day 9</b>	Do breathing exercises for 10 minutes. Focus on your navel.	
<b>Day 10</b>	Go out and walk for at least 30 minutes. Concentrate on the sound of your steps. Look around. Breathe in the fresh air.	
<b>Day 11</b>	Meditate for 10 minutes.	
<b>Day 12</b>	Set your alarm and get up one hour earlier in the morning before everyone else wakes up. Enjoy the silence. Try meditating for 10 minutes.	
<b>Day 13</b>	Spend 20 minutes stretching. Stretch your back. Your shoulders, your arms, your neck, your legs, your feet, your hands. Be gentle. Don't force yourself. Enjoy the sensations stretching your limbs causes.	
<b>Day 14</b>	Do the Savasana for 15 minutes before your morning shower and/or before going to sleep.	

<b>Day 15</b>	Write in your journal three things that happened in the past for which you're forgiving yourself right now. Start with the first one. Close your eyes and picture yourself at that specific time in your past. Put one hand on the stomach area and the other just above your heart in the center of your body. Start 'breathing' light into this center while visualizing your past self in a bubble of light connected to your current body with a cord made of light. Now picture the cord break and the bubble of light float away from you slowly. At the same time, say to your past self inside the bubble, "I forgive you now and release you. May you find peace and goodness." Feel how calm and compassion replace your anger and disappointment. Repeat this process for the other two things.	
<b>Day 16</b>	Do breathing exercises for 10 minutes. Focus on your navel.	
<b>Day 17</b>	Go out and walk for at least 40 minutes. Concentrate on the sound of your steps. Look around. Breathe in the fresh air.	
<b>Day 18</b>	Meditate for 10 minutes.	
<b>Day 19</b>	Do 2 sets of Surya Namaskar early in the morning or before going to bed.	
<b>Day 20</b>	Spend 20 minutes stretching. Stretch your back. Your shoulders, your arms, your neck, your legs, your feet, your hands. Be gentle. Don't force yourself. Enjoy the sensations stretching your limbs cause.	
<b>Day 21</b>	Do the Savasana for 15 minutes before your morning shower and/or before going to sleep.	
<b>Day 22</b>	Imagine when you were six or seven years old. Write in your journal how you looked back then. How did you feel about your body? Were you active or not? Did you have lots of energy? After you put the pen down, lean back and close your eyes. Now smile and love that kid.	
<b>Day 23</b>	Do breathing exercises for 10 minutes. Focus on your navel.	
<b>Day 24</b>	Go out and walk for at least 40 minutes. Concentrate on the sound of your steps. Look around. Breathe in the fresh air.	
<b>Day 25</b>	Spend at least 30 minutes sitting on the couch or lying on the bed doing nothing. Keep your eyes open. You need your moments alone. Enjoy the stillness and empty space around your physical and mental body.	
<b>Day 26</b>	Do 2 sets of Surya Namaskar early in the morning or before going to bed.	
<b>Day 27</b>	Spend 20 minutes stretching. Stretch your back. Your shoulders, your arms, your neck, your legs, your feet, your hands. Be gentle. Don't force yourself. Enjoy the sensations stretching your limbs causes.	
<b>Day 28</b>	Do the Savasana for 15 minutes before your morning shower and/or before going to sleep.	

<b>Day 29</b>	Imagine when you were a teenager. Write in your journal how you looked back then. How did you feel about your body? Were you active or not? Did you have lots of energy? How did you think you looked? Remember and write down all your emotions back then related to your body. After you put the pen down, lean back and close your eyes. Now smile and love that kid.	
<b>Day 30</b>	Do breathing exercises for 10 minutes. Focus on your navel.	
<b>Day 31</b>	Go out and walk for at least 45 minutes. Concentrate on the sound of your steps. Look around. Breathe in the fresh air.	
<b>Day 32</b>	Meditate for 15 minutes.	
<b>Day 33</b>	Do 3 sets of Surya Namaskar early in the morning or before going to bed.	
<b>Day 34</b>	Spend 20 minutes stretching. Stretch your back. Your shoulders, your arms, your neck, your legs, your feet, your hands. Be gentle. Don't force yourself. Enjoy the sensations stretching your limbs causes.	
<b>Day 35</b>	Do the Savasana for 15 minutes before your morning shower and/or before going to sleep.	
<b>Day 36</b>	Think about all the people that have entered your life. Start from today and go backward in time. Write down the names of three people whose names cause a sensation of anger or resentment in your belly. Start with the first one. Close your eyes and picture her or him. Put one hand on the stomach area and the other just above your heart in the center of your body. Start 'breathing' light into this center while visualizing both you and the person you're forgiving in two different bubbles of light connected to each other with a cord. Now picture the cord break and the bubbles of light float in different directions. At the same time, say, " I forgive you (name), and I release you. May you find peace and goodness. Feel how calm and compassion replace your anger and resentment. Repeat this process for the other two people.	
<b>Day 37</b>	Do breathing exercises for 10 minutes. Focus on your navel.	
<b>Day 38</b>	Go out and walk for at least 45 minutes. Concentrate on the sound of your steps. Look around. Breathe in the fresh air.	
<b>Day 39</b>	Meditate for 15 minutes.	
<b>Day 40</b>	Do 4 sets of Surya Namaskar early in the morning or before going to bed.	
<b>Day 41</b>	Spend 20 minutes stretching. Stretch your back. Your shoulders, your arms, your neck, your legs, your feet, your hands. Be gentle. Don't force yourself. Enjoy the sensations stretching your limbs cause.	
<b>Day 42</b>	Do the Savasana for 15 minutes before your morning shower and/or before going to sleep.	

<b>Day 43</b>	Make a list of all things you can discard, renounce or discontinue. What can you stop consuming? Coffee? Alcohol? Sweets? What can you discard? Things you haven't worn for years? Books you think you should read? Old pictures of people you no longer care about or who aren't in your life? Also get rid of your to-do lists for at least a week and only do what feels right and what really needs to be done. The clutter in your mind is as distracting and tiring as the clutter in your home and on your desk.	
<b>Day 44</b>	Do breathing exercises for 10 minutes. Focus on your navel.	
<b>Day 45</b>	Go out and walk for at least 50 minutes. Concentrate on the sound of your steps. Look around. Breathe in the fresh air.	
<b>Day 46</b>	Meditate for 20 minutes.	
<b>Day 47</b>	Spend at least 30 minutes sitting on the couch or lying on the bed doing nothing. Keep your eyes open. You need your moments alone. Enjoy the stillness and empty space around your physical and mental body.	
<b>Day 48</b>	Spend 20 minutes stretching. Stretch your back. Your shoulders, your arms, your neck, your legs, your feet, your hands. Be gentle. Don't force yourself. Enjoy the sensations stretching your limbs causes.	
<b>Day 49</b>	Do the Savasana for 15 minutes before your morning shower and/or before going to sleep.	
<b>Day 50</b>	Sit down and come up with 50 reasons why you should love yourself. Don't stop until you write those 50 great things about yourself.	
<b>Day 51</b>	Do breathing exercises for 10 minutes. Focus on your navel.	
<b>Day 52</b>	Go out and walk for at least 50 minutes. Concentrate on the sound of your steps. Look around. Breathe in the fresh air.	
<b>Day 53</b>	Meditate for 20 minutes.	
<b>Day 54</b>	Do 5 sets of Surya Namaskar early in the morning or before going to bed.	
<b>Day 55</b>	Spend 20 minutes stretching. Stretch your back. Your shoulders, your arms, your neck, your legs, your feet, your hands. Be gentle. Don't force yourself. Enjoy the sensations stretching your limbs causes.	
<b>Day 56</b>	Do the Savasana for 15 minutes before your morning shower and/or before going to sleep.	
<b>Day 57</b>	Create your self-care mandala, which is an ancient symbol that represents wholeness and that is often used as a tool for unearthing the subconscious. Draw a circle on a sheet of paper and divide it into four parts that represent your physical body, your mind, your emotions, and your soul. Decide how big each section should be. Be creative and decorate each section with colors, symbols and pictures. Every single thing you draw must mean something related to that section. You're free to draw lines to connect the symbols in different parts. Listen to your intuition and observe the connections you make.	
<b>Day 58</b>	Do breathing exercises for 10 minutes. Focus on your navel.	



<b>Day 59</b>	Go out and walk for at least 1 hour. Concentrate on the sound of your steps. Look around. Breathe in the fresh air.	
<b>Day 60</b>	Meditate for 20 minutes.	
<b>Day 61</b>	Do 5 sets of Surya Namaskar early in the morning or before going to bed.	
<b>Day 62</b>	Spend 20 minutes stretching. Stretch your back. Your shoulders, your arms, your neck, your legs, your feet, your hands. Be gentle. Don't force yourself. Enjoy the sensations stretching your limbs causes.	
<b>Day 63</b>	Do the Savasana for 15 minutes before your morning shower and/or before going to sleep.	
<b>Day 64</b>	Write in your journal about your 66-day habit-forming experience. Acknowledge your success now that you're about to complete the program. Enjoy the fact that now you have made self-care a natural part of your life. Congratulate yourself for being so committed. Now take your calendar and plan your self-care activities for the coming week.	
<b>Day 65</b>	Do breathing exercises for 10 minutes. Focus on your navel. And spend 20 minutes stretching.	
<b>Day 66</b>	Go out and walk for at least 1 hour. Concentrate on the sound of your steps. Look around. Breathe in the fresh air. Think about your body. Think about the challenge you've completed. Think about your wonderful new habit. Feel the joy of being committed to taking better care of yourself. Celebrate your success!	

**Congratulations!**  
**You did it!**