

Remarkable Self-Care:

***The Art of Prioritizing YOU
for Greater Impact with
Grace and Ease***



The Art of Remarkable Self-Care

Prioritizing YOU for Greater Impact with Grace and Ease



"A healthy self-love means we have no compulsion to justify to ourselves or others why we take vacations, why we sleep late, why we buy new shoes, why we spoil ourselves from time to time. We feel comfortable doing things which add quality and beauty to life."

Andrew Matthews



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Meet

Cynthia White

YOUR REST & BUILD
MENTOR/ COACH

Cynthia White is a speaker, entrepreneur, Life and Mental Health coach and mentor who is known as *The Rest and Build Mentor Coach*. She is the founder and CEO of Remarkable Living Institute® a discipleship ministry of Cynthia White & Associates, LLC

She is a certified inductive Bible study leader and Bible study creator, a published author of a 31-Day devotional entitled, "Rest and Builds: A 31-Day Journey to Restore Your Soul and Design a Life That Matters", a companion journal a one year planner, "Rest and Build Your Best Remarkable Year and other resources that encourage spiritual growth and restful living for Christian women in leadership. And she is also a conference and retreat host.

Through Remarkable Living Institute®, as The Rest and Build Mentor, Cynthia's mission is to help Christian women in leadership, especially those, affected by mental health and other challenges to intentionally and restfully live life by design and not by default, with grace and ease. By resting deliberately, living purposefully and leading impactfully, they can show up and make things happen that are worth the remark through the support, education and resources received through the Remarkable Life By Design Academy.

She and her husband of 35 years, Pastor James, live in Cary, NC and they have three adult children. She is a lover of tea, fresh flowers, crafting, baking, hospitality, and also things animal print.

Welcome!

Welcome to the 4-week course Remarkable Self-care: The Art of Prioritizing You for Greater Impact with Grace and Ease.

This course will help you connect with your inner Remarkable Woman and embody all that it means by learning to pour yourself out from a full cup so that when you activate in alignment with God's Word you can do so with grace and ease. You will learn that self-care is not a luxury but a necessity that helps you nurture your mind, body, and spirit. As your Rest and Build Mentor/Coach, I'm here to help you take your life back, reevaluate your priorities in life, and begin to create a plan that allows you to practice self-care daily. We'll explore what it means to care for yourself holistically and how doing so can lead to a more fulfilling remarkable life.

We'll cover topics like:

- What is Remarkable self-care
- A Biblical perspective on self-care
- Why is self-care necessary
- The different types of self-care
- Give your permission to practice remarkable self-care
- How to protect your mental health
- What activities you can do to practice self-care daily
- And much more!

So if you're ready to learn how to prioritize taking care of yourself by God's design let's get started!



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Course Outcomes & Objectives

Course Outcomes

Self-care is easily neglected in our fast-paced, demanding, hustle and grind, and chaotic world. For many of us as women, self-care is a foreign concept. We run around chasing career goals, ministry responsibilities, taking care of our kids, grandchildren, spouses, siblings, parents, friends, and co-workers, and we completely forget about ourselves. Remarkable Self-care: The Art of Prioritizing YOU for Greater Impact with Grace and Ease will help you connect with who you are, a Remarkable woman, prioritize yourself, and stop serving from an empty cup. This course will help you nurture yourself, promoting overall well-being so that you live, lead, and serve from an overflowing cup. Imagine how remarkable life is when you live in the overflow without sacrificing your soul, making an impact for God that's worth the remark but with grace and ease!

Course Objectives

- Gain a deeper understanding of self-care from a Biblical perspective
- Connect with who you are as a Remarkable Woman, unapologetically
- Learn to give yourself permission to practice Remarkable Self-care
- Give you the tools you need to take better care of yourself
- Create a complete Remarkable Self-care Plan
- Gain strategies for implementing your remarkable self-care plan daily



Drinking From The Saucer

John Paul Moore

“

*I've never made a fortune,
And I'll never make one now
But it really doesn't matter
'Cause I'm happy anyhow*

*As I go along my journey
I'm reaping better than I've sowed
I'm drinking from the saucer
'Cause my cup has overflowed*

*I don't have a lot of riches,
And sometimes the going's tough
But with kin and friends to love me
I think I'm rich enough*

*I thank God for the blessings
That His mercy has bestowed
I'm drinking from the saucer
'Cause my cup has overflowed*

*He gives me strength and courage
When the way grows steep and rough
I'll not ask for other blessings for
I'm already blessed enough*

*May we never be too busy
To help bear another's load
Then we'll all be drinking from the saucer
When our cups have overflowed*

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CHECK-IN

with yourself



DID I TAKE
TIME TO REST
TODAY?

HOW'S MY
MOOD RIGHT
NOW?

WHAT IS MY
BODY ASKING
FOR RIGHT
NOW?

WHAT IS
EXCITING
ME AT THE
MOMENT?

HAVE I
SPENT TIME IN
GOD'S WORD
TODAY?

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Course Schedule

WEEK 1

THE POWER OF SELF CARE

WEEK 2

PERMIT YOURSELF TO PRACTICE
REMARKABLE SELF CARE

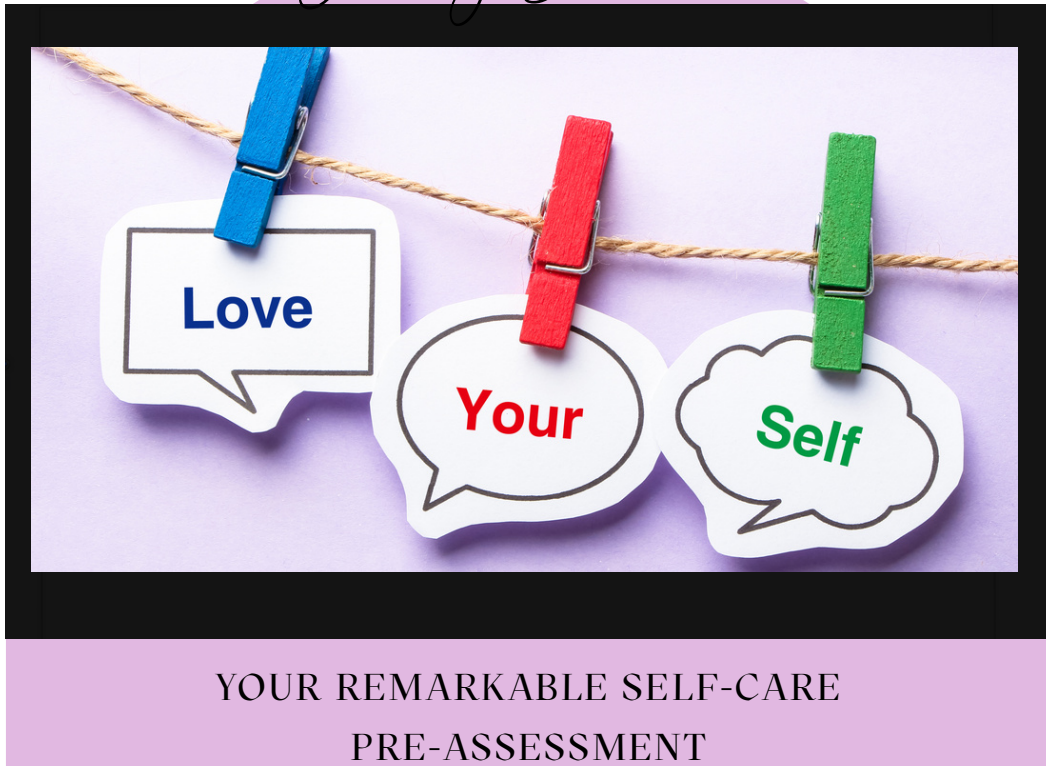
WEEK 3

PRACTICAL WAYS TO PRACTICE
REMARKABLE SELF-CARE

WEEK 4

PLAN YOUR REMARKABLE SELF-CARE
STRATEGICALLY AND ACTIVATE IT
DAILY.

Getting Started



Pre-Assessments can be helpful tools that enable us to see where we are before our journey, how we are doing, what we need to be successful in living our best remarkable life, and ways to make informed decisions on how to get there.

The Remarkable Self-care quiz is a pre-assessment designed to help you get a snapshot of where you are currently with your daily self-care habits. The goal is to help you understand how practicing self-care can help you increase your impact with grace and ease as a Remarkable Woman. And to give you an idea of where you might want to focus your attention throughout the course to make some changes that will lead to the most remarkable transformation.

Click [HERE](#) or your quiz. It should take you less than 10 minutes to complete. Answer the questions as honestly as possible. Avoid overthinking them. Add up your points at the end if there is still a glitch in the system. You will be provided with a brief results summary to help you see where you are and to gain a perspective on ways to close the gap as you go through the course.



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Pre-Assessment Worksheet

My Self-care Pre-Assessment Score_____

How do you feel about your pre-assessment score? What insights did it reveal?

What do you hope to take away from this course?

List some leadership qualities that you possess that will help you complete this course?

How do you feel about creating and implementing a self-care plan for your life as a Remarkable Woman and leader?

ONE Habit to Start

ONE Habit to Stop

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”

YOU CAN'T POUR
FROM AN EMPTY
CUP. MAKE
YOURSELF A
PRIORITY.

“

WEEK 1

THE POWER OF SELF-CARE GOD'S WAY



THE POWER OF SELF-CARE GOD'S WAY

"Loving yourself isn't vanity. It's sanity."
— Katrina Mayer

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SELF-CARE DEFINED

Lesson 1

Remarkable Self-care to Me Means...

Self-care is never a selfish act—it is simply good
stewardship of the only gift
I have, the gift
I was put on earth to offer to others"

Parker Palmer

GOD'S LOVE LETTER TO ME

Dear Remarkable Woman...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Consider what your life will look like at the end of this course, and you are practicing remarkable self-care daily. See yourself through God's eyes. Speaking lovingly and graciously, share His words to you in your letter. Use the scriptures you wrote on the right symbolizing that your letter is from the mouth and heart of God

SCRIPTURES ABOUT GOD'S LOVE
AND THOSE USED TO SUPPORT
REMARKABLE SELF-CARE

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STRESS ASSESSMENT QUESTIONS

Lesson 3

Are there any unresolved conflicts in your life right now? Are there recurring disagreements at work or with loved ones?

Are you (or someone you love) suffering from disease, illness or a loss of a loved one? If so, in what ways is it negatively impacting you?

What do you find you worrying excessively about or ruminating on lately?

Is there a part of your home or office creating stress for you? If so, which part and why?

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SEVEN TYPES OF SELF-CARE

Write the definition for each type of remarkable self-care

Lesson 4

Spiritual

Emotional

Mental

Physical

Social

Professional

Financial

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YOUR REMARKABLE SELF-CARE PRACTICES

List examples of your favorite remarkable self-care task for each type

Lesson 4

SPIRITUAL SELF-CARE

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●

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EMOTIONAL SELF-CARE

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MENTAL SELF-CARE

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●

PHYSICAL SELF-CARE

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●

●

SOCIAL SELF-CARE

●

●

●

PROFESSIONAL SELF-CARE

●

●

●

FINANCIAL SELF-CARE