

SELF *care*

YOUR BUSINESS'S SECRET WEAPON
Essential Self-Care Practices for Top Level Entrepreneurs



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Have you ever gotten so busy you forget to take care of yourself? Unfortunately, the answer is yes for many entrepreneurs and business owners. I get it; running a successful business is hard. Finding the time and energy to take care of yourself can seem impossible. However, when we stop prioritizing self-care, everything else follows suit eventually; your confidence drains away; your energy is zapped; you may be operating in a mental fog, where it's hard to care about anything or anyone. Without good self-care practices, it's impossible to be at our best. And when we're not at our best, our business is not going to be at its best either. You already know that it takes a substantial commitment of time and focus from you to develop the necessary business skills to own and operate a successful business. Well, it also takes time and a commitment from you to develop a skill set and a robust list of tools that you can rely upon for your personal self-care. If you are going to launch and/or sustain a successful business, it is essential that you consistently be at your best. Do you need help getting on track with strong self-care practices?



Hi, my name is Susan Tillery and I am the CEO and Founder of [Level Up Health and Wellness](#). I have a Master of Science in Education degree and am a Certified Health and Life Coach. With more than 30 years of experience in teaching biology, health, and fitness education, I have curated a plethora of resources and tools to help you get to your next level on your health journey. One of the most important areas that I focus on with my clients is in helping them to develop a strong and robust skill set for their self-care. It is not surprising that my clients report that not only are they healthier and happier when they employ the self-care skills I help them to develop, but they are often surprised at how much their improved self-care game improves their business success! Are you ready to improve your

health, happiness, AND increase your business productivity? I am delighted to share my FREE ebook with you, [Self-Care: Your Business's Secret Weapon](#).

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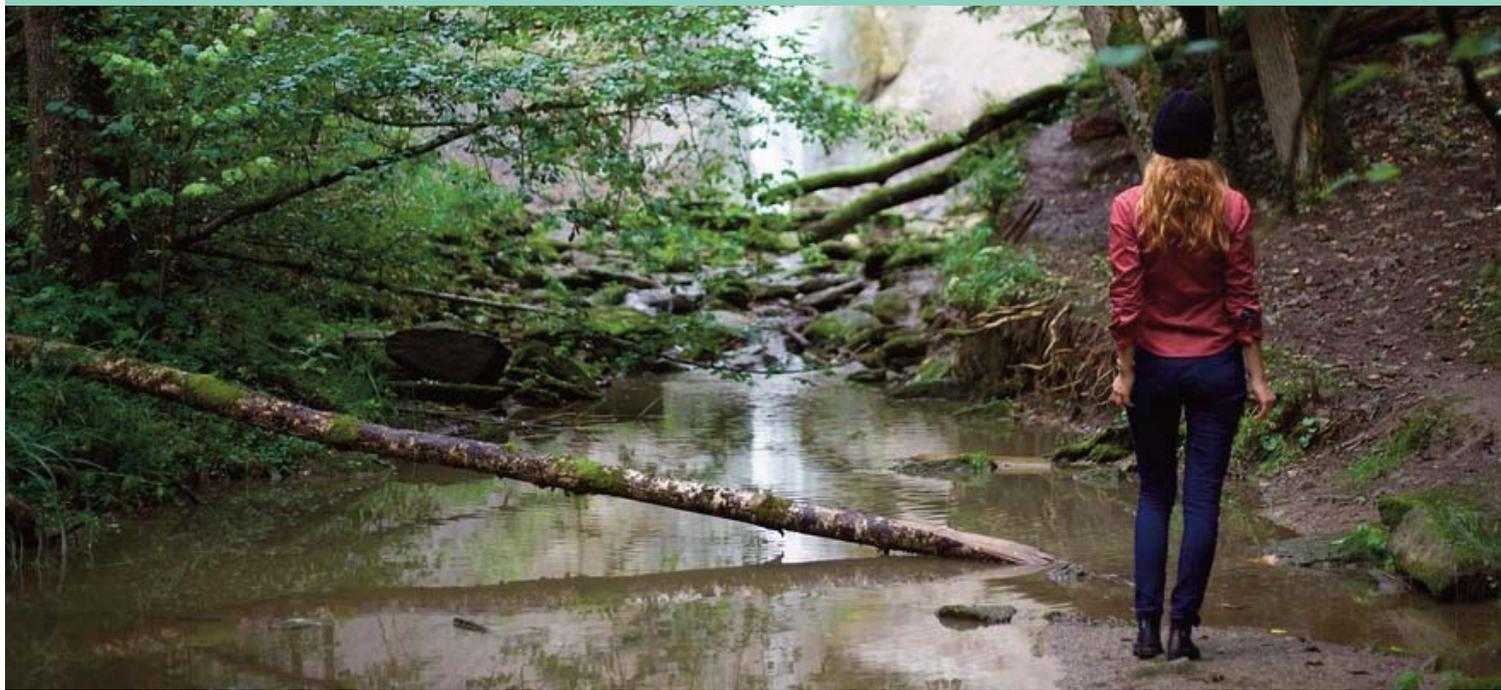
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Self-care is an important part of any successful wellness plan, but it often goes by the wayside for many of us, and this is especially true for entrepreneurs and business owners. Tasked with a seemingly endless To Do list in launching and running a successful business, we often forget to take time for ourselves or to take care of our bodies. We tend to place other people's needs and the needs of our business before our own healthcare needs. This is not a sustainable habit and eventually we will suffer the health consequences over time. If that does not get your attention, let's put it another way. Without good self-care, your business will eventually suffer losses! The consequences of not having a strong self-care game will wreak havoc on your productivity, confidence, mood, energy, sleep, weight, relationships, and overall quality of life. In short, your business's bottom line takes a hit when you are not in the habit of taking care of your number one best asset for your business. Taking care of yourself is essential for your business to thrive. **YOU are your business's most valuable asset!** I have outlined some of the most effective self-care habits for you and have included valuable health care products that will help support you in your self-care journey. Now is your time! Let's get started!



LEVEL UP YOUR DAY WITH A STRONG MORNING ROUTINE:



You will never change your life until you change something you do daily. The secret of your success is found in your daily routine.
- John C. Maxwell

Setting the tone for each new day is extremely important in making a successful day inevitable. The best strategy to do so is to form good habits enclosed in a morning routine. Your morning self-care routine is all about setting the tone for what kind of day you want to have. No one “wants” a rushed, hectic, or chaotic day. The key is to intentionally put things in motion that will get your day running smoothly from the start. Each day we get to choose the day that we are going to have and morning rituals are how to intentionally set positive outcomes in motion. This is the time when you have an opportunity to choose your mood for the day. Every day presents unique challenges, however, your morning routine is how to give yourself the edge and prepare for whatever the day may bring. If upon waking, you allow the random events of the day to sabotage you from the very beginning, it's hard to recover and often the rest of your day goes downhill from there. Set up your body and mind for success in the morning with a routine that will support you throughout the day, especially when you have a lot on your plate. Here are some powerful and proven habits to consider for your first hour of the day.

1. GRATITUDE JOURNALING

From my own personal experience and from what my clients report back to me, taking a moment to write down what you are grateful for in life is one of the most important steps of a morning routine. Scientific research supports this as well. There are numerous studies that support the association of gratitude and your health and happiness. Using a gratitude journal to focus your attention on the positive things in your life creates feelings of success, abundance, and overall happiness. When I first started this morning habit, it changed everything! Gratitude, the feeling of appreciation or thanks, has gained a lot of attention in the field of positive psychology. Some studies have found that those who are habitually grateful are happier than those who are not. Recent research on the benefits of gratitude suggest that feelings of gratitude may even possess mental and physical health benefits. This habit is about transforming a more positive mindset and making a positive contribution or deposit to your self-care first thing in the morning. And it only takes 5-10 minutes. All you need is a notebook or journal, a pen and a few minutes first thing in the mornings. To amplify the impact, I also encourage the use of essential oils. There are many possibilities for enhancing your morning gratitude ritual. For one, consider the Abundance Blend. This blend awakens the mind and turns on the happy endorphins in your brain and nervous system. This aromatic blend centers you with an overall feeling of abundance and opens your mind and spirit to infinite possibilities.

2. ESTABLISH A MEDITATION PRACTICE

Choose a space in your home where you can clear the clutter and set up a sacred place where you can sit in silence and tune inward. Deep breathing and focused concentration slows down brain waves, making them more organized. It allows us to activate the parasympathetic nervous system, releasing endorphins in the bloodstream and allowing the brain to emit “happy” hormones! This helps us to have presence, peace of mind, and maintain a practice of gratitude. Meditation can be two minutes, or 20 minutes, depending on your time and need. Use the Abundance Blend, or another one of my favorite oils, Wild Orange, to start your meditation practice for brain-boosting benefits. I work with my clients to help them get the most from their meditation time. We practice a 5-5-7 Breath technique during this time. This simple yet powerful technique can also be employed anytime during the day to engage your parasympathetic nervous system, producing a calm and relaxed feeling in the mind and body. This powerful technique immediately reduces the sense of anxiety and stress. It also lifts your mood, strengthens your immune system, and reduces your blood pressure. The practice of morning meditation, mindfulness, and 5-5-7 breathing will send signals that can help synchronize your entire nervous system and amplify your ability to be creative and solve complex problems. All of which are going to help you level up your personal and business potential!

5-5-7 Breathing Technique

Inhale very slowly through your nose for 5 seconds: 1-2-3-4-5.

Hold for 5 seconds: 1-2-3-4-5.

Exhale very slowly through your nose or mouth for 7 seconds: 1-2-3-4-5-6-7.

That completes one cycle. Repeat the process. Start by doing 3-5 cycles, then slowly increase to up to 10 cycles. Don't get caught in trying to be perfect; there is no one right way to do this technique. Find a rhythm that works for you. The key is to have your exhale slightly longer than your inhale. This technique activates your parasympathetic nervous system which reaps many health benefits.

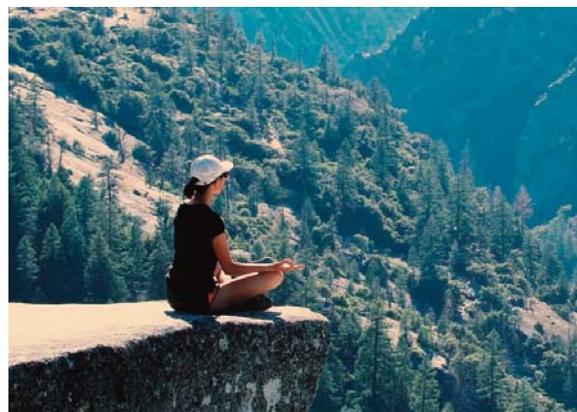
Take notice how you feel before and after. You should feel more calm and more relaxed after a few cycles. I often do this technique while driving in traffic. It is amazing how much more calm, cool, and collected I arrive at my destination!

ABUNDANCE BLEND

2 drops doTERRA Frankincense
2 drops doTERRA Wild Orange
1 drop doTERRA Peppermint

(If you prefer, you can substitute Sandalwood for Frankincense.)

Before beginning your gratitude journal, or meditation ritual, add the blend to your hands, rub your hands together and take 3 deep breaths with these oils as you cup your hands gently over your nose and mouth.





3. EXERCISE AND YOGA

Nothing gets your mind and heart energized and prepared for daily action like moving your body in the morning. A 10-15 minute brisk walk or hike, or 5-10 minutes of yoga in your living room is a powerful habit that will benefit you the rest of the day.

Before beginning your morning movement routine, take a whiff of [Peppermint](#), [Grapefruit](#), or one of my favorite essential oils, [Lemongrass](#) to help energize your mind and body.

WALKING helps you think more creatively and opens up a free flow of ideas, which helps you be a better problem-solver. This is especially the case if you walk outdoors. A morning walk will help to improve your mental clarity and ability to focus throughout the day. Studies have shown that those who started their days with a morning walk improved their cognitive function, compared to those who remained sedentary.

YOGA SUN SALUTATION: Practicing at least three Sun Salutation stretches in the morning is a wonderful way to awaken your body, to stretch, to say good morning to each of your muscles. Remember to be gentle with yourself. This sequence can serve as either a self-contained minipractice on days when your time is short or a warm-up for a longer session. Sun Salutation is a series of postures that warms, strengthens, and aligns the entire body. It serves as an all-purpose yoga tool, kind of like a hammer that's also a saw and a screwdriver!

We all have something going on in our bodies, be it tense shoulders, sore knees, or a sensitive spine, so taking a few minutes in the morning to check in with yourself physically, to stretch, relieve tension, and prepare your body for a day of positive action will set you up for success for the rest of the day. If you are new to yoga, do a Google search to find videos or illustrations for how to practice these simple yet powerful stretches.

One of my favorite online yogis is [Adriene Mishler](#). Her [Yoga with Adriene](#) Youtube channel provides high quality practices on yoga and mindfulness at no cost to inspire people of all ages, shapes and sizes. Start slow and in no time you will surprise yourself with how positively your body will respond!

4. GET HYDRATED

Drinking water first thing in the morning helps with mental clarity, energy and mood. What entrepreneur doesn't need more mental clarity? When we hydrate first thing in the morning, we are replenishing fluids lost from sweating and urinating throughout the evening. Adequate hydration is necessary for our cells to function properly. Make water a priority every morning. Without starting your day with adequate water intake, you are setting yourself up to remain dehydrated and sluggish for the rest of the day. Hydrating your cells with 1-2 pints of water (16 – 32 oz.) first thing in the morning is one of the best things you can do for yourself. Inspire yourself to drink more water by adding an infusion of herbs, essential oils and fruits. I usually keep a pitcher of filtered water in my fridge filled with sliced lemon, cucumber, mint leaves, and berries if they're in season. I have included one of my favorite Infused Water favorite recipes. Get creative and swap out these ingredients for others that you like.

RENEW & REJUVENATE INFUSED WATER

½ cup cucumber sliced
1 lemon sliced
¼ cup mint leaves
½ cup wild blueberries
2 drops doTERRA Lemon

In a small bowl, muddle wild blueberries. Combine muddled wild blueberries, mint leaves, lemon and cucumber slices into a 2-quart pitcher along with 1.5 liters of water.

Add doTERRA Lemon oil and stir.

Refrigerate for 3-5 hours before serving. May be consumed at room temperature, or chilled with ice.

***Keep refrigerated and consume within 2-3 days**



5. BREAKFAST OF CHAMPIONS

Drinking a smoothie for your first meal of the day is one of the easiest and best habits you can have if you want to see an improvement in your energy levels. Drinking your smoothie for breakfast is a great way to start the day. It only takes a few minutes to prepare. This is one of the best daily habits to level up your entrepreneurial game; increasing your nutritional intake and starting your day with fuel in the tank will help you get it all done with energy to spare! I love how I can run my business from home on most days, however, when I need to I can take my smoothie on the go. Most mornings, I intentionally set aside time to sip on it more slowly as I start my morning. To reap the most benefits from the nutrients, it is ideal to be in a relaxed state with your parasympathetic nervous system engaged. This is why it is so important to develop the previous habits as they prepare your body to be in optimum digestion mode.

Fueling your body in the morning with a nutrient dense clean smoothie is the best way to set yourself up for success for the rest of the day. The clean smoothie recipe I am sharing is a super simple, energy boosting smoothie that anyone can make at home. **Not to mention delicious – it's called The Self-Love Potion Smoothie.** Just place all of the ingredients in a high speed blender, and blend until smooth. Feel free to modify this recipe to suit your own tastes and to accommodate what ingredients you have on hand. However, I do encourage you to try this particular morning blend, as these ingredients will help provide your body with the right combination of fuel to keep you energized all morning. The ginger, berries, lemon and orange essential oils all combine to create a very cleansing effect for your palate. This will increase your taste buds' sensitivity to other flavors throughout your day and help you to enjoy and gravitate toward more healthy and clean food choices and can decrease your desire for added sugar, salt, and fat. I like to sip mine along with a cup of hot organic peppermint tea.

The Self-Love Potion Smoothie

Makes 1 serving

Ingredients:

- ½ cup frozen cranberries (or wild blueberries, or cherries)
- ¼ -½ cup spinach leaves
- 2 teaspoons Maca Root Powder (found at health food store in bulk herb section)
- 2 teaspoons flax oil (you can also use coconut oil)
- 1 teaspoon of organic vanilla extract
- 1 inch piece of fresh ginger root or dash of ground ginger
- 2 scoops of [Vanilla Plexus Lean Vegan Protein](#)
- 2 scoops [Plexus Joyome Collagen Complex](#)
- 2 drops of [doTERRA Lemon essential oil](#)
- 1 drop of [doTERRA Wild Orange essential oil](#)
- Filtered Water or unsweetened almond milk to desired consistency (start with 1 cup)

Directions:

Blend all ingredients in a blender. Serve in a stemmed glass or other pretty glass.

Yummy Additions: Cinnamon, almond butter or coconut butter.





6. LADY BOSS SPA TREATMENT

Treat yourself to a spa-like atmosphere each morning. When you take a hot, steamy shower, add 2-3 drops of an essential oil blend to breathe in. This 2-minute ritual will open your respiratory airways, sending oxygen to the body and brain, awaken your senses and energize you. Before getting in the shower, grab 1-3 essential oils, or a blend, that really resonates with you that day. **I recommend using invigorating oils such as Grapefruit, Wild Orange, Peppermint, and Eucalyptus**, or create a pre-made shower blend for easy usage. I've included a great shower blend to try for your next home-spa shower. But feel free to experiment with different blends to find one that resonates with you. Do be aware that the blend suggested here is geared for a morning routine, but can easily be modified to the evening by swapping this blend for essential oils that are more appropriate and calming for a nighttime routine. In addition to simply rubbing the oils on to your hands and body, another simple technique is to incorporate essential oils into the shower with the infusion technique. Using a washcloth, loofah, cotton ball or other material, drop between 10 and 20 drops of your chosen essential oil onto the carrier material. Place that material on the shower floor where falling water would not be a direct hit, but will gently graze it (such as between where you stand and the drain). The steam from the shower and the aroma from the essential oils will transform your shower into a luxurious spa and anchor your day from the start with feelings of abundance and bountifulness. This is a simple yet powerful way to start a successful day. Every Lady Boss should start their day with an invigorating spa-like shower experience!

LADY BOSS SPA SHOWER BLEND

- 1 drop doTERRA Rosemary
- 2 drops doTERRA Frankincense
- 2 drops doTERRA Wild Orange
- 2 drops doTERRA Cedarwood

7. DRESS FOR SUCCESS

Dress for the mood you want to embrace for the day. Researchers have found that the clothing we wear affects our psychological states, as well as our performance levels. Given their findings, individuals can intentionally choose to wear clothing that will induce more desirable psychological states and enhance task-related performance. We have all experienced the power of being well dressed. Making this an intentional and consistent habit (even if you're like me and work from home) will boost your productivity and business success. Dress your way to a better and more empowered mood, starting with your most intimate layer, your underwear. Choose undergarments that are beautiful and feel good against your skin. This is a great time to take inventory of your underwear drawer and consider decluttering, organizing, and upgrading if needed. In addition to your undergarments, consider your accessory pieces. Bold accents like scarves or hats can infuse fun into your wardrobe and jazz up any look. Choose what feels good to you and what resonates with your personality, but don't be afraid to experiment. You can take this ritual a step further by adorning yourself throughout the day with mood boosting essential oils. In your morning "adorning ritual", choose a blend of oils that will support your mood for the day. Experiment to find what essential oils make you feel good. Then apply these oils on your pulse points: wrists, ankles, neck/collar bone. Be your own alchemist and choose a blend that resonates with your mood and abundance mindset. Essential oils that are wonderful to combine are Clary Sage, Bergamot, Jasmine, Sandalwood and Ylang Ylang. Here is a beautiful "Lady Boss" roller bottle blend for inspiring your inner Lady Boss!

LADY BOSS BLEND

12 drops doTERRA Sandalwood
12 drops doTERRA Clary Sage
8 drop doTERRA Ylang Ylang
8 drops doTERRA Bergamot

Place the number of drops, per recipe, in a 10 mL rollerball and then fill to the top with your carrier oil of choice (fractionated coconut oil, or almond oil). Roll the blends over your pulse points: neck, ankles and wrists.



LEVEL UP WITH A MIDDAY REFRESH & RESET ROUTINE:



It's so easy to get caught up in the fast pace of our modern work day and then all of a sudden realize we've not taken even one minute to check in with ourselves. Midday is the perfect time to push yourself away from your desk or workspace and tend to a little self-care. This can be as simple as doing a few yoga stretches, taking a bathroom break, or simply going outside for a short walk and practicing a few cycles of the 5-5-7 breath. If it seems there's no way to fit anything else into your busy day, then that is exactly why it is imperative for you to build in a few self-care practices at midday! This is a key to making it to the end of the day without using up all of your energy and putting you on a course toward burnout.

"We must never be too busy to take time to sharpen the saw."

-Stephen R. Covey

"Sharpening the saw" increases your capacity to produce and handle the challenges around you. When you take the time to renew and rejuvenate, your body, mind, and spirit become more resilient and creative and you increase your chances for long term business success tenfold. **Your midday routine can be customized to fit your work demands, but here are a few tried and true habits that are simple and easy to incorporate.**



8. WORK SPACE AND DESK DE-CLUTTER ROUTINE

Take a few minutes each day to tidy up your desk or workspace. This simple act can help you work more productively the rest of the day. By making this a regular routine at midday, you will also ensure that at the end of the day you don't feel like you have an overwhelming mess to contend with. Keep a spray bottle with your favorite essential oils such as a blend of Lemon, Lime, and Grapefruit on hand to re-energize yourself and freshen up your workspace. Try the Spring Fling in a Spray Bottle to add some refreshing and energizing aromatherapy to your midday.

Spring Fling in a Spray Bottle

Ingredients:

20 drops doTERRA Lemon

20 drops doTERRA Grapefruit

20 drops doTERRA Lime

Distilled water

Instructions:

In a glass spray bottle, add essential oils and top with water. Depending on the size of your spray bottle, you may wish to add more essential oils.

To refresh a room, just give the bottle a shake and spray liberally.

9. SNACKS FOR SELF-CARE

Keeping healthy snacks within easy reach is one way to stave off the hangries, or avoiding getting so hungry that you are not at your best. Nuts are a healthy snack option. Though they're usually high in fat, the fat they contain is a healthy type. They're also good sources of fiber and protein. Many studies have shown that nuts provide various health benefits, especially in regards to reducing heart disease risk factors. **Keeping a small stash of nuts in your purse for on the go and in a desk drawer can help keep your blood sugar balanced which in turn helps you to avoid craving sugary treats that would sabotage your health goals.** Be sure to avoid nuts laden with salt. Also, be careful not to overindulge as a small handful of nuts pack plenty of nutrition. It will not take many for getting you to your noon time meal with plenty of restraint to make good mealtime food choices.

Snacks that include clean sources of protein are also a good option to keep on hand. **To the right is one of my favorite snack recipes Plexus Lean Chocolate Mocha Protein Energy Balls.** This recipe can be made in bulk and kept in the freezer for a couple of months at a time. I freeze them separately on a sheet pan, then seal them up in small zip-lock baggies that I can grab and go effortlessly. This snack has the taste of an indulgent treat without the guilt and harm to your health goals. Plexus Lean plant-based protein powder features 24 highly bio-available vitamins and minerals to ensure the nutrition you need is at your fingertips. As a bonus, it also has a pre-biotic fiber to support your digestion.

You will never see me reaching for a soda or coffee for a midday boost. The only other drink that I rely on besides my water to get me through the day is my daily midday healthy energy drink. **One of the best kept secrets to my sustained energy during the work week is found in my Plexus Active Energy Drink.** Plexus Active is a new lifestyle performance supplement mix that will supercharge the way you move through your busy work week. You'll feel a clean, lasting energy boost without jitters or 'crash', enhanced mental clarity and even improved post-activity recovery. **Plexus Active** helps me to be the best version of myself. If keeping a level of sustained energy is what you need to stay focused and to stay ahead of your to do list, then this could be your secret weapon too! I love the refreshing, natural peach-mango flavor, And at only 25 calories and 3 grams of added sugar, you can enjoy it without the guilt. Active's perfectly balanced sweetness comes from natural ingredients like honey powder, stevia, monk fruit extract, and a unique sweetener called trehalose. You won't find all the bad stuff common to energy drinks like artificial flavors, colors, sweeteners and synthetic additives that can make you feel fidgety and anxious. This is not a replacement for drinking your water, but it is a great option as a midday energy boost! One of the most harmful habits that many busy entrepreneurs and business owners get into is drinking coffee and sodas to help keep them going. The problem is that this is not a sustainable habit and will eventually lead to serious health issues. Having healthy options that provide a boost to your energy without the harmful side effects is essential to self-care.

Plexus Lean Chocolate Mocha Protein Energy Balls

Ingredients:

4 ½ cups pitted dates
 1 ½ cups rolled oats, gluten free
 ¾ cup raw cacao powder
 ¾ cup flaxseed meal or hemp seed
 ¾ cup Plexus Lean Chocolate Mocha Protein Powder
 6 tablespoons honey
 9 teaspoons espresso powder
 ¾ teaspoon coffee extract
 1 ½ cups almond milk
 Additional flax meal or raw cacao powder for rolling.
 Can also roll in crushed organic coconut flakes for a tasty variation

Directions:

Add all ingredients to food processor. Pulse until completely blended. Roll into balls using a two teaspoon scoop. When formed, roll in the additional raw cacao powder and flaxseed meal/hemp seed mixture to coat the outside. Place formed balls on to a sheet pan lined with wax paper and place in the freezer. After balls are frozen, portion out 5-6 balls to a zip-lock baggie and store in freezer for up to two months.

LEVEL UP WITH A RELAXING EVENING ROUTINE:



LADY BOSS SEA SALT SOAKING BATH RECIPE

1 cup sea salt
 1 cup epsom salts (or magnesium flakes)
 1/2 cup baking soda
 Essential oils of your choice
 (Frankincense, Lavender, Clary Sage, Ylang Ylang, Cedarwood)

RELAX, RESTORE & LEVEL UP BATH BLEND

2 drops doTERRA Lavender
 2 drops doTERRA Frankincense
 1 drop doTERRA Clary Sage

10. THERAPEUTIC BATH

The ocean is nature's medicine. Anyone who's spent time on the beach has experienced first hand the healing power of salt and sea. Bringing this power into your bathroom is possible. Preparing a therapeutic sea salt bath helps to support clearing out toxins from your body and can cleanse and ground you when you feel overwhelmed. This recipe works wonders for a quick and easy bath: Fill your bathtub with the warmest water you can stand and soak for 20 minutes only. It is not recommended to soak any longer than 20 minutes as your body may reabsorb the toxins you have released. Rinse off the remaining salt from your body in the shower.

Bonus Tip: When showering off, try to turn the water temperature down to as cold as you can stand it. This may take some getting used to, but the health benefits are worth it. Many studies have linked cold showers with improved immunity, increased fat loss, improved circulation, clearing of the lymphatic system, promoting muscle recovery, enhanced hair and skin quality, and promoting cellular mitochondrial production (which is a big deal for increasing energy levels). And this is just to name a few of the benefits! So, try ending your baths or showers with a burst of cold water for a minute or two.

COCONUT SALT SCRUB

For smooth and glowing skin, try this coconut salt scrub to exfoliate dry winter skin and bring back its bright, youthful appearance.

Ingredients:

- 1 cup organic virgin coconut oil
- 1 cup Pink Himalayan (or Epsom) salt
- ¼ cup Fractionated Coconut Oil
- 15 drops of your favorite essential oil

Instructions:

Melt coconut oil in microwave or over double boiler.

Once melted, remove from heat.

Add Fractionated Coconut Oil and Pink Himalayan Salt to melted coconut oil.

Stir until combined.

Add preferred essential oil. (doTerra Copaiba or doTerra Hawaiian Sandalwood)

Let sit until coconut oil solidifies, stirring every 10 minutes. Tip: Put in refrigerator to speed up the cooling process.

Stir until well combined and store in an air-tight container.

To use, rub on skin and rinse with warm water.

As a luxurious treat, consider adding the "Queen of Oils," doTerra Rose oil, which is highly sought after for its aroma and powerful topical and emotional benefits. The blooming floral aroma of this amazing oil is comforting to the senses and is perfect for your nighttime ritual. Rose oil, used topically, helps promote healthy-looking skin.

11. LADY BOSS SKIN CARE: LATHER UP TO LEVEL UP!

Now that you have finished your therapeutic bath, complete the ritual by indulging your skin with healthy, moisturizing oils. Here, we want to be mindful of what is put on your skin as it will enter the bloodstream. Choosing only the best ingredients is essential to promoting overall health. Using a shea butter and coconut oil blend is an effective and simple habit for keeping your skin moisturized and radiant throughout the year. To provide needed nourishment for the skin, apply this easy-to-make body butter recipe with either Wild Orange and Peppermint to awaken your skin, or Lavender and Geranium to calm and soothe your skin. Since you'll use so much, it's most affordable to make this recipe at home and then indulge in a special facial product that you love. For your face, I recommend the [Joyome Illuminating Day Serum](#) and Intensive Overnight Repair Serum by Plexus. These products are uniquely designed to work harmoniously with your body's natural microbiome. Adding the incredibly simple two step system with [Joyome Illuminating Day Serum and Intensive Overnight Repair Serum](#) has been one of the easiest health habits I have ever incorporated into my self-care practices. The impact to your self confidence that comes from having glowing and healthy skin cannot be over emphasized. It has the potential to level up all other actions simply by giving you more belief in yourself which in turn helps you present your best self to the world.

SHE'S a GODDESS SHEA BUTTER BLEND

1 cup unrefined Shea butter
 1/2 cup coconut oil
 1/2 cup almond oil (or any other oil)
 20 drops doTERRA Lavender
 10 drops doTERRA Geranium

Heat shea butter, coconut oil and almond oil together over a double boiler. Cool mixture to room temperature, then refrigerate for an hour or so. Once solid, whip with beaters until smooth. Store in a glass or stainless steel container. Apply generously to your skin to promote a healthy goddess-like glow all year long.

Bonus suggestions for quick and easy self-love practices after the Therapeutic Bath:

Scalp Massage with Lavender and Rosemary : promotes relaxation, memory, and healthy hair. Combine these essential oils with coconut, or avocado oil for a deeply nourishing oil treatment.

Self-Love Massage with Almond Oil/Coconut Oil and your favorite muscle soothing essential oils : White fir, Lavender, Cypress, Wintergreen, Frankincense.

Focus this self massage on the neck, trapezius muscles, temples, shoulders to help melt the tension of your day away and to prepare you for a restful night.



12. THE MIRROR EXERCISE: LEVEL UP YOUR MINDSET

One of the single most important factors influencing our success, whether personal or professional, is our mindset. In concluding our day, it is important to end with a mindset grounded in abundance, appreciation and love. This is an evening ritual I look forward to each day and that I coach my clients in implementing into their own self-care skill set.

Here is a three minute exercise that is a very powerful and transformative experience and is worth trying for 30 days to experience some incredible changes in your mindset. How the mirror exercise ritual works: Find a mirror in your home, such as the bathroom, or your bedroom mirror. You will want to find a quiet and private space for this ritual. The purpose is to make eye contact with yourself in the mirror. Next you are going to do three things in the mirror. The first thing you will do is acknowledge your wins and accomplishments for the day. Give yourself acknowledgement for the big and small achievements throughout your day. After you have acknowledged your wins, you are going to ask yourself some powerful questions. This is somewhat different than a typical affirmation exercise. In addition to affirmations, I work with my clients to develop empowering questions that will evoke a change in their subconscious thought patterns from negative to positive. This is such an empowering practice and one that is new to many.

The general idea is that our minds are built to answer questions. We want to feed our minds with questions that help it seek the answers we have determined we want to have manifested in our lives. Consistently placing the questions in our mind allows our thoughts to work subconsciously to seek the answer. The secret is in asking questions that will provide positive answers. I have included some core questions below to incorporate, but feel free to create your own empowering questions that are true for you, your business, and your life. And the final part of this ritual is to say "I love you."

Feel free to make the mirror exercise more transformative by incorporating essential oils before you begin the ritual. [Essential oils that are powerful for elevating this ritual are: Jasmine, Frankincense, Bergamot, Melissa and Ylang Ylang.](#)

Empowering Questions:

Why am I being so successful and achieving so much abundance with my business?	Why am I so confident?
Why are so many clients/customers flocking to my services/products?	Why am I such a great public speaker?
Why am I so happy?	Why am I so creative?
Why am I so healthy?	Why am I so organized?
Why am I feeling so energized?	Why am I so effortlessly manifesting my dream life?

Allow your mind to search and find answers to these powerful questions.

The more answers you curate for each question,
the stronger your belief in yourself becomes.



13. SET THE MOOD FOR SLEEP

A nightly ritual that can work great for you, but is also great for helping the entire household to wind down, involves using essential oil diffusers. With many wonderful calming blends it can be fun to experiment with creating a blend that is customized perfectly to you or your family. The blend(s) you design will depend on the mood you want to experience.

In heading to bed, there are several important steps I recommend as you prepare for a good night's sleep. First, begin winding down an hour or so before bed by putting away electronics. During this time free of the intrusion from our electronic and digital devices, instead take the time to either have a nice conversation, or read a book before bed. This is also a perfect time for you to write in your Gratitude Journal to include things you were thankful for from your day.

Consider applying oils to your sheets and pillows with a spritzer bottle, and set the lighting to dim so that your sensory system shifts gears to prepare you for sleep. As you apply oils to the back of the neck, wrists and bottom of the feet that promote rest and relaxation, allow your mind to gently reflect on possible answers to the empowering questions you developed during the Mirror Exercise. Great oils for a restful night's sleep are Vetiver and Lavender. Apply these oils to your hands and take in three deep breaths, or diffuse them by your bedside while you are falling asleep.

DIFFUSER CALMING BLEND

2 drops doTERRA Clary Sage
2 drops doTERRA Lavender
1 drop doTERRA Cedarwood



BONUS: ALTERNATE NOSTRIL BREATHING RITUAL

Breathing is one of the most powerful, yet often overlooked habits that can have a profound impact on your overall health and wellbeing. Studies have revealed that by changing the patterns of our breathing, it is possible for us to restore balance to our stress response systems, calm an agitated mind, improve our physical health and endurance, elevate our performance levels, enhance our relationships and even relieve symptoms of anxiety and post-traumatic stress disorder (PTSD). Taking slow, steady breaths sends a message to the brain that all is well which in turn activates the parasympathetic response. It is in this state that rest, digestion, renewal, and healing are activated. When we are under stress, breathing is the first thing to become shallow and strained. I encourage you to experiment with all types of breathwork and find a technique that works for you. Breathwork refers to any type of breathing exercise or technique. People often perform them to improve mental, physical, and spiritual well-being. During breathwork you intentionally change your breathing pattern.

In addition to the 5-5-7 breath that I mentioned earlier, another one of my favorite breathing practices and one that is perfect for bedtime is the Alternate Nostril Breathing. This simple yet powerful 2-minute Ayurvedic meditation technique is very effective at reducing stress levels instantly. I recommend using calming essential oils to level up the effectiveness of this meditation.

HERE'S HOW TO DO IT:

To get started, apply a calming essential oil like [Bergamot](#), [Frankincense](#), or [Clary Sage](#) or the essential oil that is most often associated with rest and relaxation, [doTERRA Lavender](#) to your palms. Now you're ready to begin your breath work.

- Face yourself either to the east or to the north
- Sit down in a comfortable position with your legs crossed
- Lift your right hand up toward your nose.
- Exhale completely and then use your right thumb to close your right nostril.
- Inhale through your left nostril and then close the left nostril with your fingers.
- Open the right nostril and exhale through this side.
- Inhale through the right nostril and then close this nostril.
- Open the left nostril and exhale through the left side.
- This is one cycle..

Always complete the practice by finishing with an exhale on the left side

If you are new to this technique, begin with aiming for completing 2 - 5 cycles. As you begin to feel more comfortable with performing this practice, increase up to 10 cycles.



Self-care benefits the entrepreneur and business owner and helps to level up productivity for our business in so many ways. Creating, launching, and running a business is demanding. The many stresses associated with this level of responsibility is inevitable. However, how we respond is a choice and can be wired into our daily habits. We can avoid being sucked into the culture where we tend to celebrate the 'hustle' and reward those who don't have the time to sleep and who are too busy building their empire to rest, relax, reflect, or enjoy the journey. This is SO unhealthy and is not a sustainable practice. It results in burnout, stress, health problems and poor mental health. There is a better way to build your empire! There is a way to level up your business AND level up your personal self-care practices at the same time!

Without having self-care practices and rituals in place, major consequences will result from stress when it's not managed properly. The self-care rituals outlined in my eBook work to activate the body's relaxation response, reducing cortisol and adrenaline levels in your body, which helps to reduce stress. Undoubtedly, as business owners we will face multiple demands each day, such as taking on a huge workload, paying the bills and taking care of our family. Our body treats these so-called minor hassles as threats. As a result, we may feel as if we're constantly under attack. But we can fight back. We don't have to let stress control our lives. Taking the time to prioritize your self care is vital for your health AND for your business success. Just like it takes time to develop business skills, it also takes time and a commitment from you to develop a set of skills and tools for your self-care. It is my hope that this eBook helped you to Level Up your Lady Boss game. I love working with women who are the difference makers in our world. I invite you to contact me if you are interested in further leveling up your self-care practices.

In Health & Happiness!

Susan Tillery, M.Ed, B.S.Ed, CHC, CLC
Ceo & Founder, Level Up Health and Wellness

For more information or to reach out to Susan Tillery go to
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