

SELF-CARE SYSTEM NOTION TEMPLATE

Title	Self-Care System Notion Template
Category	Personal , Health and Finance , Hobbies ,
Description	A Complete Self-Care System in Notion This template is a Self-Care system built in Notion where you will learn to connect with yourself and prioritize your well-being ???? What makes the Self-Care System different? It contains practical exercises based on psychology that are merged with Notion so you can keep track of your progress. In other words, we combined psychology and conscious productivity with Notion expertise to bring you an amazing system for prioritizing your well-being ???????? THIS TEMPLATE IS FOR YOU IF: • You are experiencing burnt-out or exhaustion • You are feeling anxious • You are exposed to high levels of stress • You want to increase your productivity by taking better care of yourself • You are a Notion user and want to include Self-Care as part of your routines • You feel overwhelmed, frustrated or apathetic POSITIVE EFFECTS OF A SELF-CARE SYSTEM: • Self-care exercises can improve your physical health. • Self-care exercises can reduce stress and anxiety. • Self-care exercises can boost your self-esteem and self-confidence • Conscious Self-care protects your mental health. • Self-care exercises can lead to better relationships. • Self-Care Increases Feelings of Worthiness • Self-Care improves focus and even your immune system WHAT YOU WILL FIND INSIDE THE TEMPLATE: • Learning: Learn about the system and how to use it. See tutorials to learn how to use Notion. • Awareness: Learn about the 7 essential areas of self-care and identify your points of improvement. Understand the exercises and be aware of the benefits. • Taking Action: Record your exercises and work. A space to keep track of your work. Perform practical exercises related to Whole-person wellness, Journaling, Emotion Management, Self-Talk, and Spirituality. • Reviewing: Take a look at your work and see analytics of your progress. Review your progress and check monthly analytics about your energy level, motivation, and emotions.
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Screenshot



Self-Care System

Prioritize your Self-Care using Notion and science-based, comprehensive Self-Care exercises.



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Alejandra Cienfuegos - Notion Certified Consultant & Co-founder Notionología



My Self Care System [your name]

4 backlinks

Whole-person wellness



1. Whole-person wellness

My Self-Care Tools

2. Exercises

Journaling



Emotions



Self-talk



Spirituality



Additional exercises



3. Other Resources

Self-Care Tracking

Additional tools

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