

JOURNAL WORKSHEET: HOW CAN I ADD TO MY SELF-CARE?

Let's explore self-care in depth. **Please note:** In order to save your answers, please save it to your computer (or print it out).

NOTE ON SELF CARE

Let's solidify this idea of your self care and apply it to the spiritual path.

As we change spiritually, we start to express, through action, our agreement that we do deserve to live in alignment. We ACTIVELY believe that we are precious and have inherent, unquestionable, and infinite value, and that we help and uplift others by being who we are.



YOU DESERVE
LOVE + CARE
FROM
YOURSELF.

With each act we take, we are giving our entire body and being the message: I love myself, I am worthy of a positive life, I contribute joy to the world, and I live my purpose. You can do this gradually...but start somewhere, and we will develop this idea over time.

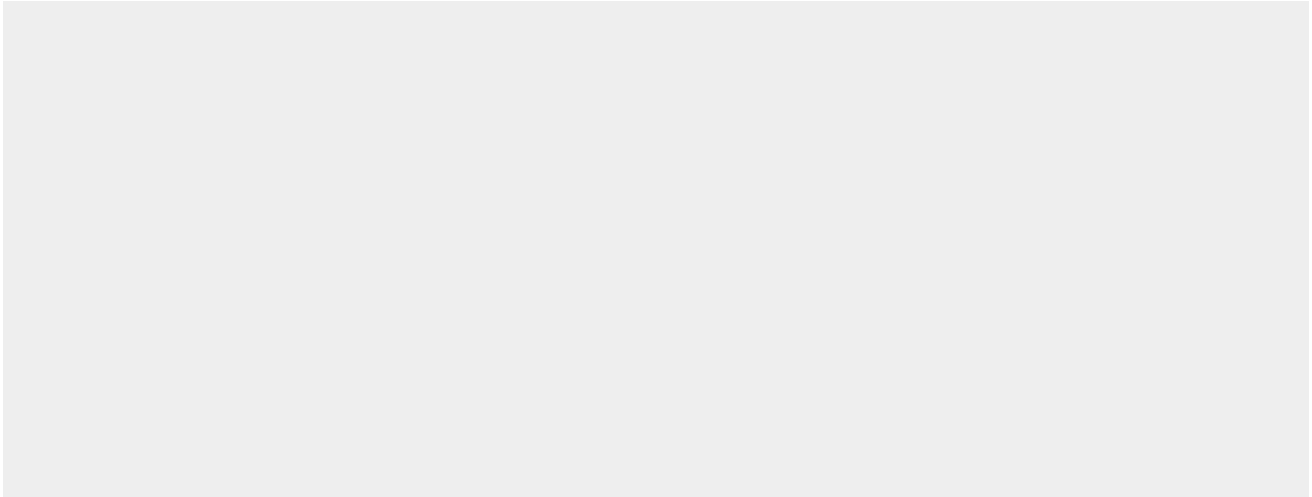
Do it for you, and then Spirit will respond by mirroring it back, because your energy will be even more open to positive shifts, and answers can more easily arrive for you.

THIS IS THE KEY to receiving consistent answers. You are infinite love, even in your current body, current mind, and current place in life, no matter who is around you, no matter what environment you're in, and no matter what's happened in your past or what you are currently doing or not doing - this love is with you, is inherent within you, and never leaves.

YOU DO YOU, BOO
THAT LOOKS GOOD ON
everyone

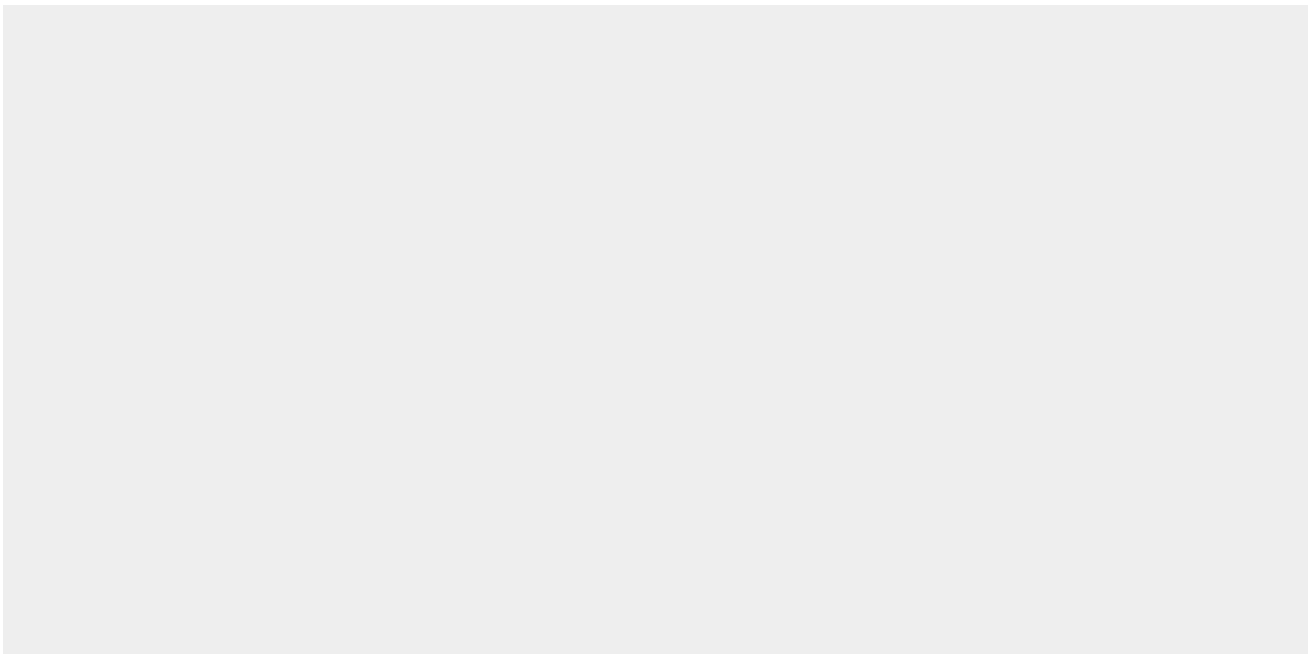
SELF CARE REFLECTIONS

What are you doing already, and/or have done in the past, to take good care of yourself?

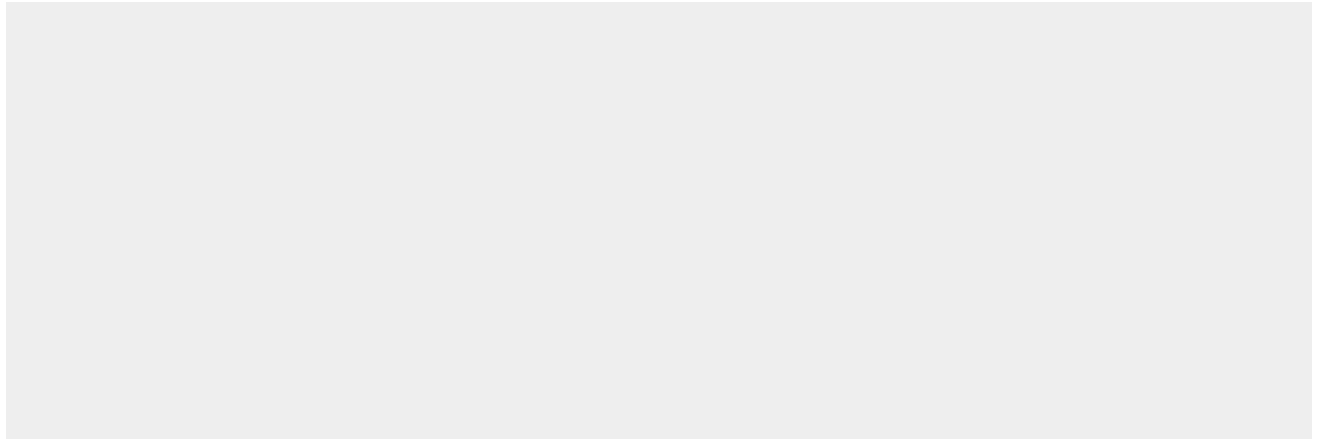
A large, empty rectangular box with a light gray background, intended for the user to write their reflections on self-care practices.

SELF CARE CHALLENGES

What are some pressures, or circumstances that you face sometimes, that take you out of prioritizing yourself? What might you do to soften those moments, and still practice as much self care as you can (even if the situation isn't perfect)?

A large, empty rectangular box with a light gray background, intended for the user to write about their self-care challenges and coping strategies.

(continued...)



SELF CARE REMINDERS

What are some ways that you can remind yourself to prioritize self-care? This could involve sticky notes on the mirror, creating a budget category for self care, or taking time to book things that you enjoy doing into your calendar (or in some cases, clearing your calendar!) Keep in mind there is no pressure :)

