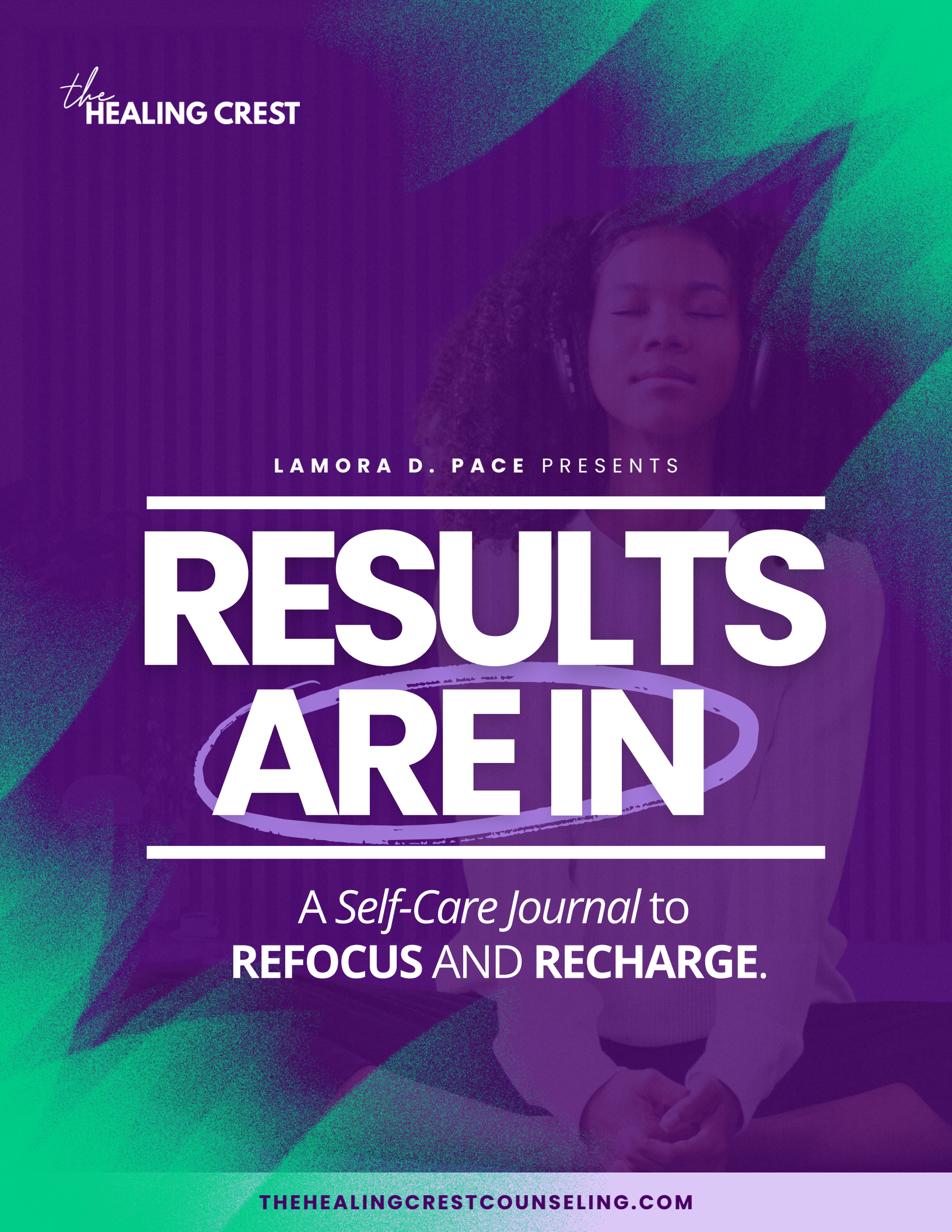
the HEALING CREST



LAMORA D. PACE PRESENTS

RESULTS ARE IN

A *Self-Care Journal* to
REFOCUS AND **RECHARGE**.

THEHEALINGCRESTCOUNSELING.COM

Hello!

I'M LAMORA PACE

As an entrepreneur who had to overcome crippling self-doubt to succeed, LaMora Pace quickly discovered that it takes more than a degree and some credentials to build a thriving and fulfilling business. But now, as the founder and creator of the Simply Lovable® brand and Founder and Chief Healing Officer of The Healing Crest® Counseling Services, LaMora has mastered the art of helping men and women heal, discover their self-worth, and learn how to honor, value and respect themselves.

As a Licensed Clinical Social Worker, LaMora has over 20 years of experience as a mental health professional and 15 years of executive leadership knowledge working in a social services organization. Known for her deep empathy and compassion, LaMora has dedicated more than two decades of her life to supporting her clients as they overcome past trauma, build healthy relationships, form healthier habits and find real self-love.

Always looking for unique opportunities to help clients become their best selves, she founded The Healing Crest® Counseling Services and created Simply Lovable®. Through these mediums, she's able to empower more men and women to move past lingering insecurities and embark on a journey of self-love.

As a prolific mental health professional, LaMora has a long list of accomplishments to her name. From the rapid growth of her thriving private practice, while diversifying her income outside one-on-one sessions, she created Simply Lovable® to help others develop healthier relationships and appreciate the life they live.

Whether she's supporting clients to overcome personal challenges or assisting clinical bosses to build the business of their dreams, she's dedicated to making a difference in the lives of others. To experience LaMora's empathetic talents and skills for yourself, head over to www.thehealingcrestcounseling.com or visit www.iamsimplylovable.com to learn more about Simply Lovable®.



XOXO

LaMora Pace

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Welcome,

Your Self-Care Journal to Refocus and Recharge

Life feels **heavy sometimes, doesn't it?** Especially when you're juggling the weight of it all. This mini journal is your space—a place to reconnect, find peace, and remember that *you* matter. You deserve moments that are just about you, without judgment, without rushing.

Take it slow. Each prompt, exercise, and reflection in here is designed to help you find small moments of calm and clarity, even on the hardest days. You're not just "getting through" life—you're creating a foundation of self-love and self-care that no one can take from you.

Let this journal be a reminder: **You are seen, you are worthy, and you deserve this time to care for yourself.**



DAILY REFLECTION PROMPT:

Take a few minutes each day to check in with yourself. Let this time be a small but powerful act of self-respect and care.

What's one small action I can take today that makes me feel worthy, grounded, or peaceful?

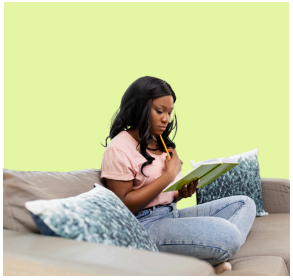
Examples:



Take a five-minute walk



Close your eyes and breathe deeply



Write down a few kind words to yourself

Intention:

You deserve moments of peace and grounding—**these are just for you.**

WEEKLY **GOAL SETTING:**

Sometimes, even small achievements can create the greatest sense of peace. Let's set a few simple goals each week to prioritize *your* well-being.

"List three wins that will help you feel more connected to yourself this week."

1 _____

_____

2 _____

_____

3 _____

_____

Examples:

"I will spend 10 minutes each morning on deep breathing"

"I will take a few minutes before bed to recognize one positive thing I did today,"

"I will find one small thing each day that I appreciate about myself."

Reminder:

Small, consistent actions create real change. **You're worth this time and care.**

END-OF-WEEK **REFLECTION**:

At the end of each week, take a moment to recognize the steps you've taken for yourself. This is your time to see the progress, no matter how small.

"What went well for me this week?

How did I take care of myself?

What's one thing I can carry forward into next week?"

Encouragement:

Celebrate every small victory, every step, and know that your journey matters.

AFFIRMATIONS PAGE:

These affirmations are designed to remind you of your inherent worth, strength, and inner peace. Turn to them whenever you need a gentle reminder of the powerful and resilient person you are.

I am worthy of peace, no matter what challenges come my way.

My voice and my needs are valid and deserve to be heard.

I embrace the calm and clarity that live within me.

I choose to honor and show up for myself every single day.

GRATITUDE CORNER:

Take a few moments each day to recognize what you're grateful for. This can be a quiet reminder that, even when it feels like the world overlooks you, you have value and strength.

Write down three things you're grateful for, no matter how small. This is your space of appreciation and healing.

1

2

3

Examples

"I'm grateful for a quiet moment to breathe."

"I am grateful for the strength and resilience that carry me through."

"I am thankful for the strength and courage to show up for myself each day."

STRESS RELIEF TIPS:
BRINGING CALM INTO YOUR DAY

When stress and overwhelm start to weigh on you, these tips are here to help you find moments of calm. You deserve to feel valued, grounded, and at peace. Use these exercises as reminders that *you* matter.

1. Gentle Breathing Exercise: "Grounding Breath"

A few deep breaths can help bring calm back into your body, even on the most difficult days. Try this whenever you need a break.

- **How To:** Close your eyes if that feels comfortable. Breathe in for a count of five, hold for five, and exhale for five. Repeat this five times.
- **Why It Matters:** This moment is just for you. Let each breath remind you that you're deserving of moments of calmness.





2. Body Scan Check-In

When stress builds up, it often shows up in the body. This body scan can help you release some of that tension.

- **How To:** Slowly scan from the top of your head down to your toes, noticing any areas that feel tight. Take a few deep breaths and gently relax any tense spots.
- **Why It Matters:** Your body deserves this gentleness and attention. Releasing tension is a way to honor yourself.

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3. Positive Reframing Tip: "A New Perspective"

When stressful thoughts show up, this simple shift can help bring more peace into your day.

- **How To:** When a negative thought arises, gently ask yourself, "How can I view this in a way that brings me peace and self-worth?"
  - **Example:** Instead of "I have so much to do," try "I'll focus on one task at a time, and that's enough."
- **Why It Matters:** This gentle shift helps you see challenges with more kindness, making it easier to move forward.





4. Mini Break Reminder: "Pause to Recharge"

You deserve moments to pause and reset throughout your day. A few minutes of stillness can go a long way in restoring your calm.

- **How To:** Each hour, take a five-minute break. Stretch, take a few breaths, or step outside if you can. Let this be a moment just for you.
- **Why It Matters:** You are worthy of rest, of pauses, and of moments that put *You* first.

STRESS RELIEF TIPS:
BRINGING CALM INTO YOUR DAY

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5. Visualization Technique: "Find Your Safe Space"

When life feels overwhelming, this simple visualization can be a quick escape to peace.

- **How To:** Close your eyes and imagine a place that brings you peace—a quiet beach, a green forest, or a cozy room. Picture yourself there, focusing on the sounds, smells, and sights.
- **Why It Matters:** You carry peace within you, no matter what's happening around you. This practice is a gentle reminder of that inner calm.



Reminder:
Small, consistent actions create real change. **You're worth this time and care.**

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This journal and these tips are here to **support you** on your path to **calm, clarity,** and **self-worth.** You are valued, and your feelings are valid. May each page and practice remind you of the *strength* and *beauty* you hold within.

A *Self-Care Journal* to **REFOCUS** AND **RECHARGE**.