

Self-Care & Love Starter Guide

BECOMING HER

A Simple Guide to Reconnecting With Yourself

You spend so much of your life caring for others, managing responsibilities, and showing up for everyone around you. This guide is your reminder that you matter too.

Self-care is not selfish. It is how you recharge, heal, and reconnect with the woman you truly are.

DAY 1: Slow Down

Take 5 minutes today to simply breathe.

- Put your phone away
- Sit somewhere quiet
- Close your eyes
- Take 8 slow deep breaths (4 seconds in- 4 seconds hold-6 second release-4 second hold)
- Ask yourself: “How do I really feel today?”
- Journal for 3 minutes on what came up while breathing?

How you are feeling?

How do you want to feel?

AWARENESS IS THE FIRST STEP TOWARD HEALING. ☐

Day 2: Rest Without Guilt 🧘

Many women feel guilty for resting, but rest is essential.

Today, **allow** yourself to recharge

Ideas for rest:

- Take a nap
- Go to bed earlier
- Spend time in silence
- Meditate
- Take a relaxing bath

REST IS NOT EARNED

DAY 3: Create One Small Daily Ritual and Nourish

Choose one simple ritual:

- After waking, drink your water first
- Gift yourself 30 minutes after rising without cell phone
- Take a 10-minute walk
- Light a candle before bed
- Journal your thoughts
- Listen to calming music
- Stretch your body gently
- Choose foods that make your body feel energized and supported

CONSISTENCY ADDS UP AND BUILDS SELF TRUST

DAY 4: Release and Speak Kindly to Yourself

Sometimes healing begins with letting go.

Take a few moments to journal about what no longer serves you:

This could be stress, self-doubt, guilt, fear, or unrealistic expectations.

You are allowed to let go of what no longer aligns with your peace.

- What feels heavy in my life?
- What am I holding onto?
- What do I need to release?

THE RELATIONSHIP YOU HAVE WITH YOURSELF SETS THE TONE FOR EVERY OTHER RELATIONSHIP IN YOUR LIFE.

DAY 5: Reconnect With Joy 😊

Think of what once made you happy. Did you dance, cook, paint, garden, read, or spend time in nature?

Ask yourself and journal

- What makes me feel alive?
- What brings me peace?
- What did I love before life became so busy?

GIVE YOURSELF PERMISSION TO REDISCOVER YOUR TRUE SELF. ✨

Day 6: Speak Kindly to Yourself

Pay attention and listen carefully to your inner voice today.

Replace:

- “I’m not enough” with “I am growing every day.”
- “I failed” with “I am learning.”
- “I have to do everything” with “I deserve support too.”

Speak to yourself the way you would speak to someone you deeply love.

Daily Affirmations

- I deserve peace.
- I am worthy exactly as I am.
- My healing matters.
- I trust myself.
- I choose myself.
- Say “I love you, _____(your name).”

SELF-LOVE BEGINS IN SMALL MOMENTS.

Day 7: Reflect & Create Your Promise

You have spent the last seven days pouring back into yourself. Now take a moment to reflect.

Write down:

- 3 things you love about yourself
- 3 things you are grateful for
- 1 habit you want to continue
- 1 promise you are making to yourself moving forward

Complete this sentence:

“Starting today, I will honor myself by

Final Reminder

Healing, growth, and self-love happen one gentle step at a time.

YOU DO NOT NEED TO BECOME SOMEONE NEW. YOU ARE SIMPLY RETURNING TO YOURSELF AND REMEMBERING YOUR IMPORTANCE. YOU FIRST! 🏆

