

ANGEL CONWAY

PRIORITIZING

My Self Care

INSPIRATIONAL QUOTES JOURNAL

***Take back control over your life through the
Power of Prioritizing Self Care!***

***Includes: Self Care Quotes, Prompts, (1) 30 Day Self Care
Challenge, Planner & Scripture Resources to MAXIMIZE
RESULTS!***

This Journal Belongs To :

Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, thing on these things! **Philippians 4:8**





Hey, I'm Angel

Your *Faith Based*

Self Care
Coach

Angel Conway is a woman of Faith, Wife and Homeschooling Mother raising 3 boys. She is a Health Care Worker of 15 years from working in a clinic, in client homes & doing Medical Missionary work. She continues to pursue her purpose as an Entrepreneur wearing many hats equipping and encouraging women to take care of themselves through Biblical Health promises and principles so they can pursue their God given purpose in a healthy way!

**-THE HEAVENLY FATHER CARES ABOUT ALL OF YOU (MIND
BODY & SPIRIT). HE DESIRES YOU LIVE IN TOTAL GOOD
HEALTH.**

INTRODUCTION

Welcome to your personal wellspring of rejuvenation and inspiration! In a world bustling with activity, it's easy to overlook the profound impact that a few simple words can have on our mindset and overall well-being. This journal, "Self Care Quotes," is your passport to a realm where positive reinforcement meets personal growth.

Why Self Care Quotes? Let's face it – who doesn't thrive on a pick-me-up? Crafted during my own transformative journey, each quote within these pages encapsulates the essence of where I've been and where I'm headed. They're my reminders, my guideposts, and my cheerleaders, and I invite you to make them yours too. Imagine this journal as your sanctuary, a place to engage with the power of words.

These quotes are more than just syllables – they're catalysts for change. "Break Free" from negativity and embrace a mindset shift. As you read, let these words resonate. What do they mean to you? Are you just embarking on your journey or refining your path? Regardless, these quotes are here to ignite empowerment and reshape your outlook.

Within these pages, you hold not just a collection of quotes, but the key to unlocking your potential. You're invited to embark on a journey toward self-empowerment, resilience, and renewed purpose. So, immerse yourself in the "Self Care Quotes"

Journal, and harness the untapped potential within you. Embrace the journey. Embrace the quotes. Embrace the power you hold in your tongue to bring Positive change to a negative situation or outcome.



HOW TO USE

This Journal

Welcome to your “Inspirational Self-Care Quotes journal”! This journal is your daily companion on the journey to prioritize self-care and take control of your life. Here's how to make the most of it:

The Daily Prompts

- **Express Your Thoughts and Feelings:** These prompts are your canvas. Use them to paint a picture of your emotions, thoughts, and experiences each day.
- **Discover the Importance:** Reflect on why each prompt matters to you. How does it relate to your life, your well-being, and your journey to make self-care a top priority?
- **Accountability and Control:** Recognize that this journal empowers you to hold yourself accountable. It's a tool for taking control of your life and steering it in the direction you desire.

The 30 Day Challenge

- **Accountability to Yourself:** Embrace the 30-day challenge as your commitment to yourself. It's a way to ensure you stay accountable and consistent in your self-care journey.
- **Execute and Persist:** Check off each day you complete a prompt and make your self-care a priority. You're executing a plan for self-improvement. Persistence is the key to forming lasting self-care habits.

The Daily Planner

- **Prioritize Your Day:** Use the daily planner section to set your top priorities. List tasks, goals, and self-care activities that are important to your self-care growth..
- **Stay Organized:** Note dates and times for completing these tasks. This keeps you organized, ensuring that self-care remains at the forefront of your daily routine.

By taking advantage of this journal in it's entirety, you're not just journaling; you're actively working towards a happier, healthier, and more balanced life. Remember, self-care isn't a luxury; it's a necessity for your well-being. Enjoy the process of nurturing yourself!



”

SELF CARE
is the
BEST
Care

Day 1

[illegible]

”

Health

is life, and

Life is

Love!

Day 2

This image shows a blank sheet of white paper with horizontal orange ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



”

Do Something That
makes you Smile
Laugh
& Happy!

Day 3

[illegible]

”

SELF CARE IS

Loving & Honoring you

NO-ONE

*Can take care of you
LIKE YOU!*

Day 4

[illegible]

CLING TO WOMEN

”

You're Becoming &

Celebrate

*the Woman You are
today!*

Day 5

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”

Not
Making Time
For You
is Selfish!

Day 6

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”

Self Care is a Lifestyle

Practice it One Thought,

1 Emotion,

*Hour, Day, Week, Year at a
time!*

Day 7

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”

You can't give 100% of your time

& energy to everything

You Can Give

*100% to everything you
prioritize to do!*

Day 8

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”
It's Not about being Perfect
but Perfecting
Your Mindset
to be & do better!

Day 9

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”

Boundaries
are the
Foundation
of Self Care!

Day 10

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”

Take those L's

Live

Life

Limitless

Day 11

[illegible]

Self -Care ”

Become a

Happier,
Healthier

*Healed & Whole version
of you!*

Day 12

This image shows a blank sheet of white paper with horizontal orange ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



”

Be Consistent Enough

Cultivating New Habits

& Produce

New Outcomes!

Day 13

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”

Speak Life

Light &

Love

Over You!

Day 14

[illegible]

14 Day Challenge



I prioritized my Self Care Routine at the top of my day today!

Day 1



I prioritized dictating my environment today!

Day 2



I prioritized removing all Toxic Energy today!

Day 3



I Prioritized & acknowledged Self Worth!

Day 4



I prioritized Celebrating my Wins, Progress, Growth today!

Day 5



I prioritized saying No & focusing on me today!

Day 6



I prioritized where & how I spent my time today!

Day 7



I prioritized giving myself grace today!

Day 8



I prioritized my mental wellness by taking control over my thoughts today!

Day 9



I prioritized setting boundaries and following through today!

Day 10



I prioritized exploring new opportunities today!

Day 11



I prioritized reading the word of God today!

Day 12



I prioritized being proud of building new habits today!

Day 13



I prioritized being aware of my speech and speaking life over myself today!

Day 14

Don't Stop Now

Continue with Bonus Challenge

Bonus Challenge

☐

Practice mindfulness while doing everyday tasks

☐

Remove distractions
Spend time with in silence today

☐

Read a book that builds your faith/confidence this month!

☐

Relax, Stretch & Move slowly today!

☐

Take a power nap or restorative break

Day 15

Day 16

Day 17

Day 18

Day 19

☐

Go outside, walk or enjoy nature today!

☐

Pay it forward with an act of love or kindness

☐

Treat yourself to a small indulgence

☐

Reflect on your accomplishments and growth

☐

Forgive someone today! Free yourself & live!

Day 20

Day 21

Day 22

Day 23

Day 24

☐

Take a class, explore a new skill

☐

Set a date to go out, date or have fun with friends!

☐

Enjoy a new healthy recipe!

☐

Set a date/goal to pursue a desire and keep your promise!

YOU DID IT!

Time to Celebrate
Share your accomplish

Day 25

Day 26

Day 27

Day 28

Share your win in our
FB Community

Daily Planner

Month _____

TODAY'S DATE _____

MOOD TRACKER



Happy!



Not Bad



Stressed



Sad



Angry

TOP 3 PRIORITIES

① _____

② _____

③ _____

TO-DO LIST



DON'T FORGET CELEBRATE

TIME

PLANS & SCHEDULE

6:00 am

6:30 am

7:00 am

7:30 am

8:00 am

8:30 am

9:00 am

9:30 am

10:00 am

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Inspiration Insight

by ~Lao TZU~

**" Watch your thoughts for they become
your Words;**

**Watch your words for they become your
Actions;**

**Watch your Actions for they become your
Habits;**

**Watch your Habits for they become your
Character;**

**Watch your Character for they become
your destiny."**

Scripture Resources

Promises of Help, Health & Hope

Philippians 4:13- I can do all things through Christ which strengthens me.

Romans 12:1- Present your bodies a living sacrifice, holy, acceptable unto God.

Psalms 139:14- I am fearfully and wonderfully made..

1 Peter 5:7- Casting all your care upon him; for he careth for you.

Psalms 121 :2- My help cometh from the Lord.

Philippians 4:4 Rejoice in the Lord alway and again I say rejoice.

Jeremiah 29:11- For I know the thoughts that I thin toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

Book Your Consultation



45 Minute Consultation



30 Days of **Unlimited** Support (*Via FB Messenger*)



Weekly Accountability Check-ins



Personalized Self Care Quotes to support you on your Self Care journey!



Free Gift: A copy of my S.P.A Checklist to guide you in developing “The Self Care Habit”

**[Click Here](https://payhip.com/b/mCBjz) To Start Your Customized
Self Care Regimen**

<https://payhip.com/b/mCBjz>

Company Contact



Company Email:

Becauseicare22020@gmail.com

Facebook Community

JOIN Working Women of Faith Group

Clubhouse

JOIN Clubhouse Group by Angel Conway.



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