



"It's All About You"

Self-Care Workbook



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hey chica!

Welcome to this self-care workbook. As amazing women living our lives, running businesses, being wives, mothers and raising children - basically superSHEros, we never take enough time for ourselves.

This workbook is to help you do just that. Finally put yourself at the top of your “to-do” list and let your cup runneth over! So, kudos for taking time out for you Chica!

#beyourownkindofbeautiful

HOLA CHICAS!

As a Life coach, I make it my life's purpose to help others, especially women, to realize that they can live a joyful and fulfilling life that they definitely deserve.

Most of the time, we tend to hold on to emotional stress - usually stemmed from personal tragedies that happened in the past which keeps us from moving forward. We are strong and beautifully-designed to handle anything life throws our way.

So in order to win the battle against "life-stressors", we must take time to take care of ourselves - PERIOD!

Joy
Your Life Coach



5 TYPES OF Self-Care

PHYSICAL

Efforts to improve your physical health.
e.g. Working out, sleeping 8 hours per day



SPIRITUAL

Activities that nurture your spirit. Not
required to be spiritual.
e.g. Meditation, place of worship



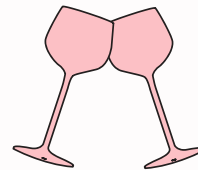
MENTAL/EMOTIONAL

Activities focused on your mind, emotions and
intellect.
e.g. Writing in a journal, seeing a therapist



SOCIAL

Engaging in experiences to nurture and deepen
relationships.
e.g. Calling friends/family regularly, going to
dinner, going on a date



PRACTICAL

Everyday activities that help you navigate life
e.g. Making your bed, organizing your closet, creating a budget



Self-Care Ideas

Now that you're familiar with different types of self-care, let's make sure it's all about you for the next 30 days.

First things first, inhale/exhale and clear your mind! I'm sure there are a ton of ideas that are popping up, so focus on what you want to accomplish and drop them down below! Here are a few to help get you started.

Brilliant Ideas

DRINK 8 cups of water/day

Try something new once a week

Time to Prioritize

Select no more than 3 goals you would like to work on for the next 30 days. Also, identify which self-care type it aligns with.

1

2

3

You are the designer of your destiny; you are the author of your story.
~ Lisa Nichols

Self-Care Calendar

PUT ALL THE GREAT THINGS THAT YOU WILL DO HERE

Relaxation, meditation, Netflix & chill, wine and a good book - I'm sure there is plenty you can list, so go ahead and fill in the blanks!

M Bubble bath	T	W Manicure	TH	F
M	T Meditation	W	TH Visit with friends	F Quiet time
M Yoga	T	W	TH Take a nap	F
M	T	W Dance	TH	F
M	T Read a new book	W Write a letter to someone	TH	F

Self-Care Calendar

PUT ALL THE GREAT THINGS THAT YOU WILL DO HERE

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M	T	W	TH	F
M	T	W	TH	F
M	T	W	TH	F
M	T	W	TH	F
M	T	W	TH	F

Self-Care Goal Worksheet

Current Situation - Where you are today!

Take a look at the goals above. Are these new goals you want to work on, or are already in the mix, but not where you want to be? Let's take a look at where you are today, so you'll be clear on where you want to go.

Goal 1:

Goal 2:

Goal 3:

Future Situation -Where you want to be!

Using the SMART goal method, evaluate your goals to see if they meet the criteria below. If you can't answer yes to each criteria, re-write the goal. To help get you started, there's an example below!

S

Specific

M

Measurable

A

Attainable

R

Relevant

T

Time-bound

Goal example: Drink 8 glasses of water, 4 days per week for the next 30 days.

Questions to ask:

- **Is it specific?** Yes. It's identified the exact number of glasses to drink.
- **Is it measurable?** Yes. I should expect to meet or exceed 128 glasses of water in 30 days .
- **Is it attainable?** Yes. I currently drink 8 glasses of water 3 days per week.
- **Is it relevant?** Yes,. It's a physical self-care goal I would like to work on.
- **Is it time-bound?** Yes. By the end of 30 days, I will know if I've hit the goal.

Types of Self-Care Activities



MASSAGE

Relaxes muscles & reduces stress.



JOURNALING

Release thoughts & manifest dreams.



MEDITATION

To clear your mind one “om” at a time.



YOGA

Improves strength, balance & flexibility



READING

Mental stimulation & stress reduction.



BUDGETING

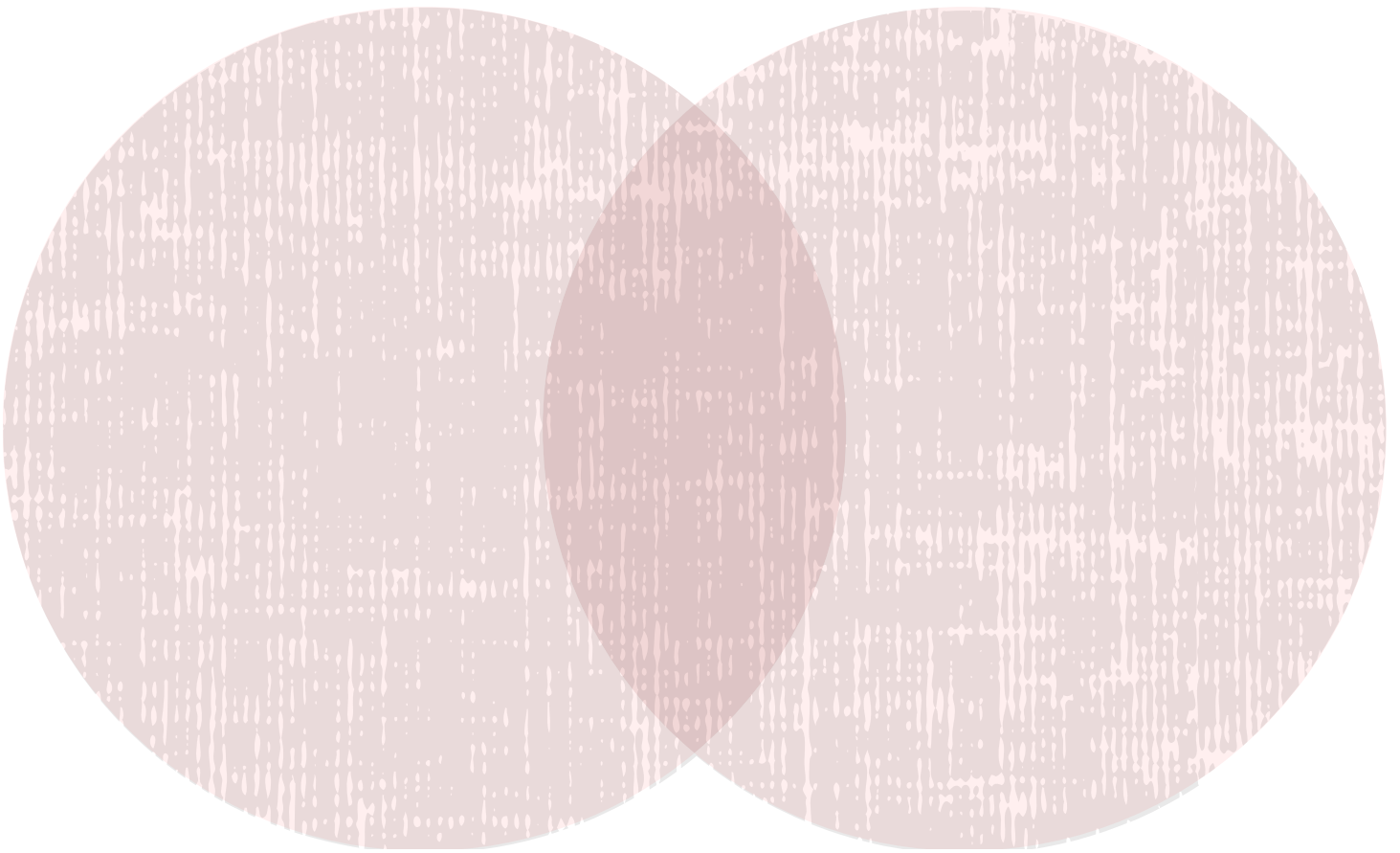
Control spending, track expenses & save money



Self-care Mindset

Comfort Zone

Fear/Doubts



Notes:

Self-Care Don't Care

SELF-CARE GEMS

- Make sure you prioritize your self-care. Don't try to give from an empty place.
- Schedule your self-care activities and share them with those that matter in your life. It will help keep you motivated and held accountable when you begin your self-care practice.
- Keep it simple. One challenge most experienced with self-care, is becoming overwhelmed. Begin with one activity first, and then move on.

Self-Care Don't Care

- Ask yourself, "What do I need now?" Go in that direction first.
- What activities/people add to your stress? You may want to make a mental note to steer clear in the future.
- What is one thing you've always wanted to try? Add it to your list to-do.





*"I'm working on
myself one step at
a time"*

Sometimes we get so caught up with every day living, that we forget to take time out for ourselves. We tend to put our career/business and family first while putting ourselves on the back-burner, slowly burning ourselves out...allowing ourselves to become easily stressed and unmotivated.

At some point, we need to take a moment for us - ya know! By taking an hour or two to hit the reset button, we can revive and rejuvenate to be our best selves so that we can continue to be there for our family, an amazing friend and outstanding employee at work or boss chick while living our best life ever!

As we strive to work on ourselves and life goals, remember to take it one step at a time - you have your whole life to live joyously.

Yaaaaas!



Chica, you nailed it! How does it feel?

You've created your goals, they are clear, measurable, and achievable. Most importantly, you committed to focusing on you. Now that's dope!

So...what's next? It's time to set yourself up for success. Creating your goals is great, now keeping yourself accountable, is a whole different ball game.

Check out these tips to help you keep pushing and remember, being intentional about your goals and taking action to achieve them will take you far.

5 Tips for Goal Success

Track your progress

Find an accountability partner

Break your goals down into actionable steps

Celebrate along the way!

Evaluate overall at the end

Bonus gem - Make your new goals a part of your daily routine as much as you can.

You are on the eve of a great victory. You can't go wrong.
The world is behind you!
- Josephine Baker



Self-Care Bonus!

Recipe for Relaxation

As a THANK YOU for purchasing this mini Self-Care workbook.
Here is a recipe that will take your self-care to another level of relaxation.

BATH SALT

- 1 cup sea salt (you can substitute with Epsom salts)
- 1 tsp sweet almond oil (or carrier oil of your choice-grapeseed, jojoba, olive oil, etc.)
- 10-15 drops of your fav essential oil (such as lavender, chamomile, or ylang-ylang)

INSTRUCTIONS:

In a mixing bowl, combine all ingredients and mix until well combined and essential oil is evenly distributed.
(You can adjust the number of drops based on your preference for scent strength)

To use the bath salt:

- 1.Fill your bathtub with warm water.
- 2.Add the entire cup of relaxing bath salt mixture to the running water. Adjust the amount based on your personal preference for scent and relaxation level.
- 3.Stir the water with your hand to help dissolve the bath salt.
- 4.Soak in the bath for at least 20 minutes to allow the sea salt and essential oils to work their magic.
- 5.After your bath, rinse off with clean water and pat dry with a towel.

Note: Sea salt is known for its mineral content, which can help relax muscles and promote overall relaxation. The essential oils add a delightful fragrance and can enhance the relaxing experience. Remember to test a small patch of skin for any potential allergies or sensitivities before using the bath salt.

Relax and enjoy your bath!