

CONNECTION TO

Self-Care

JOURNAL & WORKBOOK

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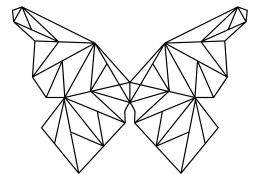
Welcome!

I'm so excited you're here. Purchasing this workbook means you're ready to dig deep into who you are and take the steps you need to take to bring fulfillment and happiness into your life.

Having gone through my own healing journey, I know the value of truly putting yourself first and choosing things that speak to your soul that build your confidence, and bring the hunger for life back to you.

I hope you feel as you're working through this workbook that you know I'm there with you cheering you on (because I am definitely cheering my loudest!) and that by using it it starts to heal the heaviness you've been carrying.

Love,
Hayley



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Your Connection to Self-Care

A workbook and tracker to help you on your journey to a better relationship with yourself.

Chances are if you've experienced hard shit, adversity, trauma, etc., you've been carrying a lot of heaviness.

You might be feeling like you're doing it alone, that the negativity just keeps coming, or you might feel like the life you're currently living feels like you're drowning...

This is for you. I see you. I've been there. It can get better, you can *feel* better. I hope this journal and workbook helps you on your journey.



If you get through this workbook and want more, visit my website for other tools to help you on your journey.

If you'd like to send a note, I'd love to hear from you! Go to my website to contact me.

Thank You!

Mindfulness



Mindfulness is the quality of your awareness in the present moment.

I get it, mindfulness is what feels like should be near the finish line of the healing journey that you're on. But practicing mindfulness throughout your journey is necessary because it takes just that, practice.

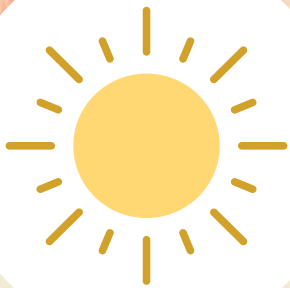
It's about observing things as they happen as if you were a bystander and not attached to the outcome, noticing your thoughts as they come up without feeling the need to buy into them, and allowing your feelings to exist without having them determine your actions.

It's relinquishing the control you have over determining the outcome, and allowing what the present moment is as a lesson or indication for the next step that's needed. Knowing that there is no place you need to be in this exact moment than where you are right now.

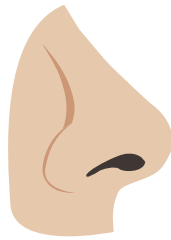


Self-Care Tips

Small significant ways you can show yourself care.



*Spend time in
sunshine*



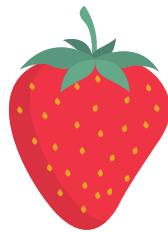
*Take deep belly
breaths*



*Listen to your
favorite music
(maybe dance?!)*



*Take a bubble bath
with your favorite
scent*



Eat fresh food



Stretch

Self-Care Routine

Month:

Year:

Self-Care Habit:

Importance:

1

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Self-Care Habit:

Importance:

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Self-Care Habit:

Importance:

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Self-Care Habit:

Importance:

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Self-Care Routine

Date: / /

Morning

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Afternoon

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Evening

S M T W T F S

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My Affirmations

Affirmations help you believe in yourself and what you're capable of.

Date: / /



Ex: I have amazing strength within me.



Ex: I am valued and appreciated.



Ex: I am enough, just as I am.



Ex: I possess the qualities needed to be extremely successful.

Self-Care Envelope

Fill this envelope with all the things you're grateful this week... and see how the many reasons you have to be thankful for in life.



Gratitude Resources



Keep track of your gratitude resources such as books, podcasts, youtube channels, courses, quotes, apps, and etc.

Books

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Podcasts

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Others

- _____
- _____
- _____
- _____
- _____
- _____
- _____

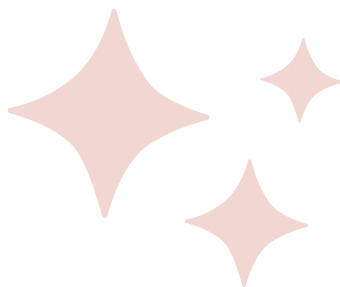
"If you begin and finish your days with thoughts of gratitude, you'll find yourself living from a place of abundance rather than lack. Those first and final moments set the tone for the many minutes that fall in between."

-Erica Layne

Journal Pages

What have you done lately just for you?

What does happiness mean to you?



Journal Pages

What are you most grateful for right now?

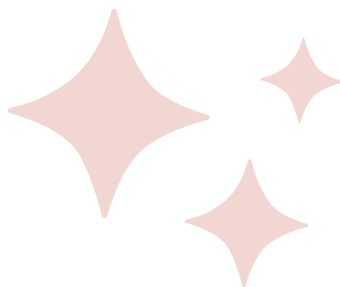
What thought patterns are holding you back right now?



Journal Pages

What positive things can you say about yourself?

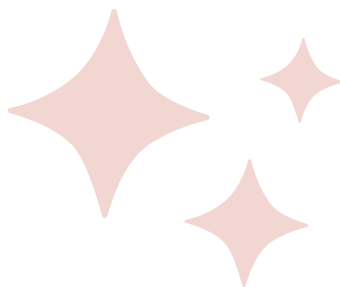
What limiting beliefs are holding you back?



Journal Pages

What's a new healthy boundary you could set this week?

List 3 things you love about yourself.





Gratitude Worksheet

A gratitude mindset creates room for more things to be grateful for to come in.

Write down one good thing that happened to you today

Write about a random act of kindness from another person.

List at least FIVE (5) things you like about your current life.



Gratitude Worksheet

A gratitude mindset creates room for more things to be grateful for to come in.

Write about something you did to make someone happy today.

Remember a success you had and write a thank-you speech describing who helped you reach it.

Write about something good you saw in your community.

Intention Setting

Date: / /

Today's Intentions

Sleep

Sleep Hours



Nutrition

Things to Try

- ---
- ---
- ---

Self Care

Notes

Morning Checklist

Date: / /

How are you feeling this morning?

- very happy 😄
- happy 😊
- meh 😐
- upset 😞

List down THREE (3) things you are grateful for today.

01 _____

02 _____

03 _____

What are you excited to do today?

Evening Checklist

Date: / /

How are you feeling this evening?

- very happy 😄
- happy 😊
- meh 😐
- upset 😞

What are you grateful for today?

What's your biggest accomplishment?

What are you excited to do tomorrow?

Monthly Reflections

3 Biggest Accomplishments

Month:

Year:

1. _____
2. _____
3. _____

Highlights

Biggest Challenges

1. _____
2. _____
3. _____

Things I'm Grateful for

Action Plan for Next Month

Steps to Continue My Progress

Start

Continue

Stop

- _____
- _____
- _____

- _____
- _____
- _____

- _____
- _____
- _____

Notes

Doodles

Notes

Doodles