

THE ULTIMATE
JOURNAL FOR
Self-Care
Self-Love

Your guide to living the life you deserve.

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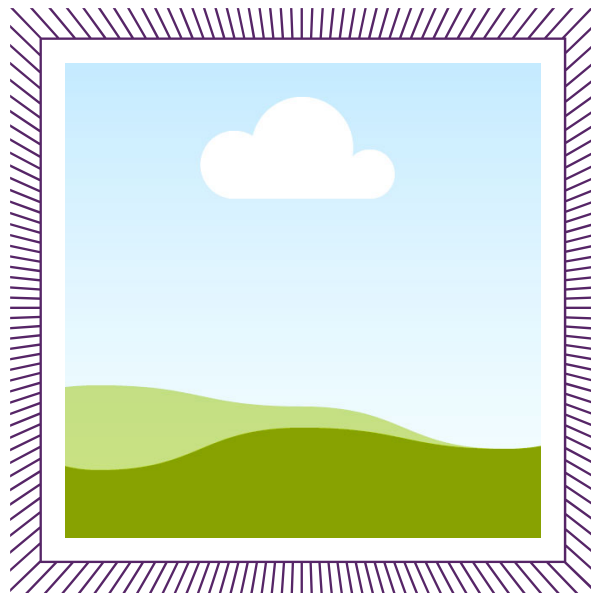
INTRODUCTION

Self-care Journal

Welcome

We all have emotional baggage – negative experiences, events and thoughts that can go in to overdrive and cause us stress and anxiety. An emotional health journal helps you to process this baggage and learn how to live with less stress and anxiety.

The goal of this journal is to give you simple tips, strategies and resources that will allow you to transform your self-care routine. You'll get practical advice on how to set boundaries, build a career that works for you, and learn what it takes to feel good every single day of your life.



Name Here

3 Steps

TO BUILD A SELF-CARE ROUTINE

STEP 1.

Identify the different types of self-care and assess yourself if you have a certain routine to care for each.

STEP 2.

Set a specific time of the day for you to do a certain activity and also note what kind of self-care you are doing for the day.

STEP 3.

Be consistent! In order to create a routine, you have to be consistent in implementing a daily time for your self-care.

Keep Going!

SELF-CARE ROUTINE ASSESSMENT

Rate yourself on how well you do for the different types of self-care. Be honest with your answer so you can assess yourself better.

TYPE OF SELF-CARE	HOW WOULD I RATE MYSELF?			
	1 I DO THIS POORLY	2 I DO THIS REGULARLY	3 I DO THIS PRETTY WELL	 I WANT TO IMPROVE THIS
EMOTIONAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PHYSICAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MENTAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SOCIAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPIRITUAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PRACTICAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PROFESSIONAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What is self-care?

When you hear the word "self-care," what comes to mind? Does it mean caring for oneself? Well, yes! That is true! You do self-care because you want to care for your health, well-being, and happiness.



The term self-care is defined by the World Health Organization (WHO) as the ability of an individual to promote and maintain health, prevent disease, and cope with illness and disability with or without the support of a healthcare provider.

Self-care is something moms tend to neglect. Why? Because being a mom is HARD! As a mom, you think first of the well-being of your children and husband and eventually end up neglecting yourself.

They say self-care is for everyone! They say self-care is simply having your me-time, binge-watching a series on Netflix, going for a spa day, or merely sleeping in the whole day. But that is not the reality for moms.

The daily routines of moms revolve around the well-being and happiness of their families. From when they open their eyes in the morning to when they close their eyes at night, they are thinking of what chores should be done today, tomorrow, or even the week ahead. In reality, most moms would struggle to find a few minutes in their day.

to do any self-care.

Somewhere out there is a mom who can't remember the last time she bought new clothes for herself or went to a salon for a haircut, facial, or mani-pedi. Somewhere out there is a mom who wants a full eight hours of sleep, even for one night. A mom who wants to eat meals she did not prepare or have to clean up after.

That is often the reality for many moms. Of course, moms love doing things for their families. But some days, the countless responsibilities and chores to be done keep on piling up to the point of physical and mental exhaustion.

This is the point where self-care comes in. There are many ways to do self-care. Try to discover what works best with your time, your personality, your finances, and your goals.



The job of moms requires serving others, and you do it for a long time. If you neglect self-care, you will end up suffering. If you suffer, then everyone around you suffers too. That's why taking time for yourself and self-care is essential.

What self-care is NOT

Doing self-care is easier said than done. As we begin to understand what self-care is, it is equally important to understand what it is not.

Self care is NOT putting others before you

The reason it's called self-care is that you do something to care for yourself. It is about recognizing what you need and taking action. Please note that you cannot take care of others' well-being if you cannot take care of your own.

Self care is NOT self-indulgence

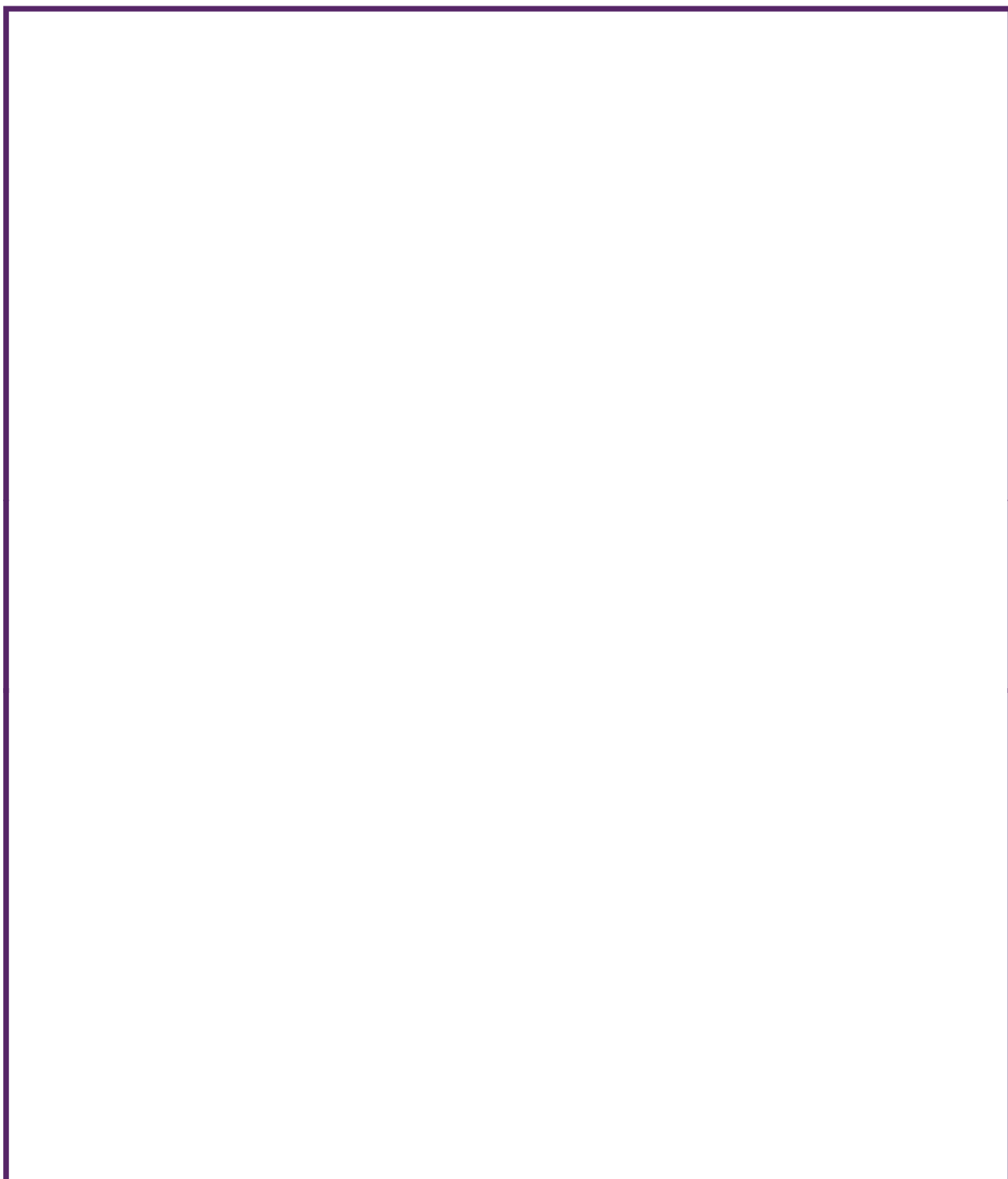
Set your boundaries when doing self-care. Don't make it an excuse to spend your money on vacations or shopping all the time. Yes, these activities are considered self-care when budgeted and planned for, so make sure to know your limits.

Self care is NOT the same for everyone

The self-care goals and plans of your husband, your mom, or your friend will be different from yours. Each self-care plan is designed to meet the unique needs of the individual. What works best for you might not work with your friend. A self-care plan can also help you discover things about yourself that you didn't know before.

SELF-CARE GOALS

Write down the goals that you want to achieve with the help of this journal.



Importance of Self-Care

Self-care is vital in keeping your health and wellness a top priority. Experts say it is the secret to feeling balanced and living a happy, meaningful, and successful life. Again, you can only successfully care for others if you learn to care for yourself.

Self-care helps you perform at your best. It supports your overall well-being and helps boost your self-esteem and self-confidence. Moreover, self-care can help you feel well-rested and energized for the rest of the day. Most importantly, it makes you more aware of your personal needs.

Please note that it is not limited to doing something fun or creative, taking care of your mental health, etc. Self-care has different aspects to which you should dedicate time in a balanced fashion. The ideal way is to do them equally all the time. However, it is more realistic to evaluate continually if we are in balance or out of balance in all these areas of self-care. In your self-care plan, include the following:

Emotional Self-Care

Spiritual Self-Care

Physical Self-Care

Mental Self-Care

Social Self-Care

Practical Self-Care

Professional Self-Care

Types of Self-Care

Emotional Self-Care

The actions we take to connect with our emotions and process them in a healthy way

Physical Self-Care

Any activities you deliberately engage in to enhance your physical well-being

Mental Self-Care

It encompasses anything you do specifically to stimulate your mind and cultivate a healthy psyche

Social Self-Care

Any activities you engage in that nurture your relationships with others

Spiritual Self-Care

It encompasses any activities you engage in to connect with and nurture your soul

Practical Self-Care

Any actions you take to fulfill your core needs and reduce stress

Professional Self-Care

Activities and actions that support feeling balanced and fulfilled in your career

GOAL SETTING

Write down your goals for each type of self-care.

Emotional Self-Care

Physical Self-Care

Mental Self-Care

Social Self-Care

Spiritual Self-Care

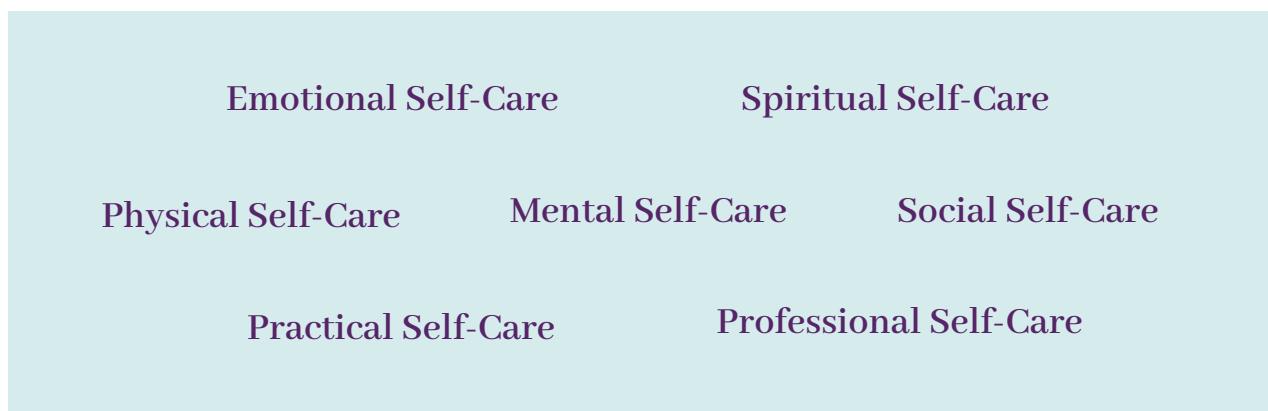
Practical Self-Care

Professional Self-Care

Before you start

Now that you have identified your goals for this self-care journal start using it for your daily self-care routine.

This journal is divided into seven parts, one for each type of self-care identified in the introduction. When you use your journal, choose a specific kind of self-care that you want to focus on for the day.



What is my unique emotional strength?	Repeat five affirmations in front of the mirror
Repeat five affirmations in front of the mirror	Am I open to other perspectives?
Do I generally give others the benefit of the doubt?	Talk to a Life Coach
Practice meditation	When was the last time I cried?
Who made me upset lately?	Compliment someone
Express gratitude to someone by giving a gift	Despite the negatives, what positive aspects can I identify?
Am I holding on to something I need to let go of?	Practice breathing techniques
Say thank you to someone	When was the last time I felt jealous of someone else?
What are 3 things I love about my life currently and never want to change?	Talk to someone about your current feelings
Write about your current emotions	How can I express my displeasure at an action, instead of at the person?
How will my decision affect others I care about?	Identify three mantras for the day
Be honest with someone	What is something people say about me that annoys me?
How does my self-esteem and self-confidence affect my decision-making?	Tell yourself I am happy, I am blessed, I am complete, thrice.
Shoo away negativity	How can you rest and recharge this week?
Should I be more skeptical? Or less?	Write about your moods you had today



For each type of self-care, a list of journal prompts and activities will be given. Choose one daily and cross it out once you've finished it.

For journal prompts

Write down the date here.

Date: _____

HOW DO I FEEL?



Awesome



Good



Okay



Not good



Horrible

TODAY'S PROMPT:

Determine what you feel at the start of doing an activity and answer by circling the right emoticon that describes your currently feelings.

What did I learn?

Lastly, write down key points or important details that you have learned while answering the prompt question. Realizations and insights can also be added here.



For activities

For every activity that you do, you will be rating it from 1-5 (1 as the lowest - hated it to 5 as the highest - loved it) based on how you liked doing it. Explain whether you were able to achieve self-care on the space provided.

Write down the date here.

Date: _____

HOW DID I LIKE THE ACTIVITY?

1 2 3 4 5

TODAY'S ACTIVITY:

Will I do it again or not?

Lastly, write down whether you want to do the activity again or not. You can also add how you can improve it if you decide to do it again.

In this journal, I want you to take your time and truly reflect and determine what your needs are. Remember that life is not a race. Do it at your own pace. I want you to immerse yourself in the journal daily, so you develop a self-care habit.

Good luck in your self-care journey. I wish nothing but the best for you. I hope you will discover your best life.

“

*As you grow older, you will discover that
you have two hands, one for helping yourself,
the other for helping others.*

- Maya Angelou -

”

EMOTIONAL

Self-care

EMOTIONAL

Self-care

Was there a time when you could not control what you were feeling? Or a time when you just kept all your frustrations to yourself and ended up being burnt out?

A quick internet search on burnout shows alarming statistics on the rising number of people experiencing burnout. Part of the reason can be attributed to the pandemic we have weathered over the past two years. There were fewer opportunities for us to go out and connect with the people in our circle, increasing feelings of depression and loneliness.

This situation led to isolating ourselves from the outside world. It made it hard to connect with the people we were used to interacting with daily. This isolation left us no outlet for our fears and loneliness. Nor did we know how to regulate our emotions and cope with these complicated feelings.

And this is where emotional self-care comes in. We can regulate our emotions and cope with complicated feelings. It plays a crucial role in our happiness and overall quality of life. We need to do activities and ask ourselves questions to connect with our emotions and process them in a healthy manner.

Everyone can benefit from devoting time and attention to this crucial type

of self-care. Anyone with issues managing their emotions would find this especially helpful. Someone who is easily influenced and swayed by others or who struggles to deal with feelings such as guilt, envy, and worthlessness would also benefit by investing time in emotional self-care.

Having an emotional self-care plan will make it easier for you to manage your emotions. You can significantly improve your sense of well-being by consistently practicing emotional self-care. Discovering things about yourself will help you develop a more consistent self-care plan.

JOURNAL PROMPTS AND ACTIVITIES

Emotional Self-Care

What is my unique emotional strength?	Repeat five affirmations in front of the mirror
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Practice meditation	When was the last time I cried?
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How will my decision affect others I care about?	Identify three positives in my day
Be honest with someone	What is something people say about me that annoys me?
How does my self-esteem and self-confidence affect my decision-making?	Tell yourself "I am happy. I am blessed. I am complete." Repeat three times.
Shoo away negativity	How can you rest and recharge this week?
Should I be more skeptical? Or less?	Write about the moods you had today

Date: _____

HOW DO I FEEL?



TODAYS PROMPT:

What did I learn?

Date: _____

HOW DID I LIKE THE ACTIVITY?



TODAYS ACTIVITY:

Will I do it again or not?

Date: _____

HOW DO I FEEL?



TODAYS PROMPT:

What did I learn?

Date: _____

HOW DID I LIKE THE ACTIVITY?



TODAYS ACTIVITY:

Will I do it again or not?

Date: _____

HOW DO I FEEL?



TODAYS PROMPT:

What did I learn?

Date: _____

HOW DID I LIKE THE ACTIVITY?



TODAYS ACTIVITY:

Will I do it again or not?

Date: _____

HOW DO I FEEL?



TODAYS PROMPT:

What did I learn?

Date: _____

HOW DID I LIKE THE ACTIVITY?



TODAYS ACTIVITY:

Will I do it again or not?

Date: _____

HOW DO I FEEL?



TODAYS PROMPT:

What did I learn?

Date: _____

HOW DID I LIKE THE ACTIVITY?



TODAYS ACTIVITY:

Will I do it again or not?

Date: _____

HOW DO I FEEL?



TODAYS PROMPT:

What did I learn?

Date: _____

HOW DID I LIKE THE ACTIVITY?



TODAYS ACTIVITY:

Will I do it again or not?

Date: _____

HOW DO I FEEL?



TODAYS PROMPT:

What did I learn?

Date: _____

HOW DID I LIKE THE ACTIVITY?



TODAYS ACTIVITY:

Will I do it again or not?

Date: _____

HOW DO I FEEL?



TODAYS PROMPT:

What did I learn?

Date: _____

HOW DID I LIKE THE ACTIVITY?



TODAYS ACTIVITY:

Will I do it again or not?

THE END

When you're finished reading this book, we want you to continue "growing" after everything you've learned.

Scan the QR Code below for access to more free resources and the next steps to take you further on your Self-Care Self-Love Journey.

We highly recommend joining a Journey Group!

There's no cost to becoming part of a community of like-minded moms, dads or single adults all supporting each other on the journey to emotional health and wholeness.

The links to get started are on the QR code below.

We love and care about you!



NOTES

