



*SIMPLY INSPIRED*

# SELF-CARE WORKBOOK



WRITTEN BY AMY LAUBSCHER



# WELCOME TO YOUR SACRED SELF-CARE JOURNEY

## INTRO

DEAR FRIEND, I'M SO GLAD YOU'RE HERE. IN A WORLD THAT CAN SOMETIMES FEEL OVERWHELMING, IT'S ESSENTIAL TO REMEMBER THAT TAKING CARE OF YOURSELF IS NOT JUST A NECESSITY, BUT A SACRED ACT OF LOVE.

THIS SELF-CARE WORKBOOK IS A GENTLE INVITATION TO NURTURE YOUR MIND, BODY, AND SOUL. AS YOU JOURNEY THROUGH THESE PAGES, MAY YOU DISCOVER THE PROFOUND WISDOM OF YOUR OWN HEART, AND MAY YOU REMEMBER THAT YOU ARE DESERVING OF LOVE, CARE, AND COMPASSION – JUST AS YOU ARE.

MAY THIS SACRED JOURNEY GUIDE YOU HOME TO YOURSELF, AND MAY YOU EMERGE FEELING MORE GROUNDED, MORE AT PEACE, AND MORE RADIANT WITH LOVE.



## 3 STEP

# PROCESS

### STEP ONE

TAKE TIME TO TUNE INTO YOUR THOUGHTS, EMOTIONS, AND PHYSICAL SENSATIONS. EXPLORE WHAT IS PRESENT FOR YOU IN THIS MOMENT WITHOUT ANY JUDGEMENT. WHAT ARE YOUR STRENGTHS, AND WHAT ARE YOUR CHALLENGES? WHAT NOURISHES YOU AND WHAT DEPLETES YOU?

### STEP TWO

BASED ON YOUR REFLECTIONS, IDENTIFY AREAS WHERE YOU'D LIKE TO CULTIVATE MORE SELF-CARE AND COMPASSION. EXPLORE NEW PRACTICES, HABITS, AND RITUALS THAT NOURISH YOUR MIND, BODY AND SOUL. WHAT SELF-CARE PROMISES CAN YOU MAKE TO YOURSELF?

### STEP THREE

PUT YOUR SELF-CARE PLAN INTO ACTION! TAKE SMALL, CONSISTENT STEPS TOWARDS CULTIVATING THE HABITS AND PRACTICES THAT NOURISH YOU. CELEBRATE YOUR SUCCESSES, AND GENTLY GUIDE YOURSELF BACK ON TRACK WHEN YOU STUMBLE. WHAT SUPPORT SYSTEMS, AND YOU PUT IN PLACE TO HELP YOU RISE INTO YOUR MOST RADIANT SELF?





*FILLABLE*

# CHECKLIST

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT.

## MORNING SELF-CARE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## NIGHT SELF-CARE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



## MULTIPLE SECTION

# CHECKLIST

MAKE YOUR WAY THROUGH EACH SECTION, AND TICK THE CHECKBOX FOR EACH STATEMENT ONCE THE TASK HAS BEEN COMPLETED.

### MINDFUL MOMENTS

- MEDITATE FOR 10 MINUTES DAILY
- PRACTICE DEEP BREATHING EXERCISES
- WRITE IN A GRATITUDE JOURNAL
- TAKE A DIGITAL DETOX FOR 1 HOUR DAILY
- PRACTICE MINDFULNESS WHILE WALKING

### NOURISHING BODY

- DRINK 8 GLASSES OF WATER
- EAT 5 SERVINGS OF FRUITS AND VEGETABLES DAILY
- EXERCISE FOR 30 MINUTES 3 TIMES A WEEK
- GET 7-8 HOURS OF SLEEP
- TAKE A RELAXING BATH ONCE A WEEK

### BOUNDARY SETTING

- SET HEALTHY BOUNDRIES WITH OTHERS
- LERAN TO SAY NO WITHOUT GUILT
- PRIORITIZE YOUR OWN NEEDS AND DESIRES
- TAKE BREAKS AND PRACTICE SELFCARE
- ESTABLISH SELF CARE ROUTINE

### EMOTIONAL EXPRESSION

- TAKE TIME TO REFLECT ON YOUR EMOTIONS AND NEEDS
- ENGAGE IN A CREATIVE OUTLET
- PRACTICE SELF COMPASSION
- SHARE YOUR EMOTIONS WITH SOMEONE YOU TRUST
- WRITE IN YOUR FEELINGS JOURNAL



# *SMART* GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	

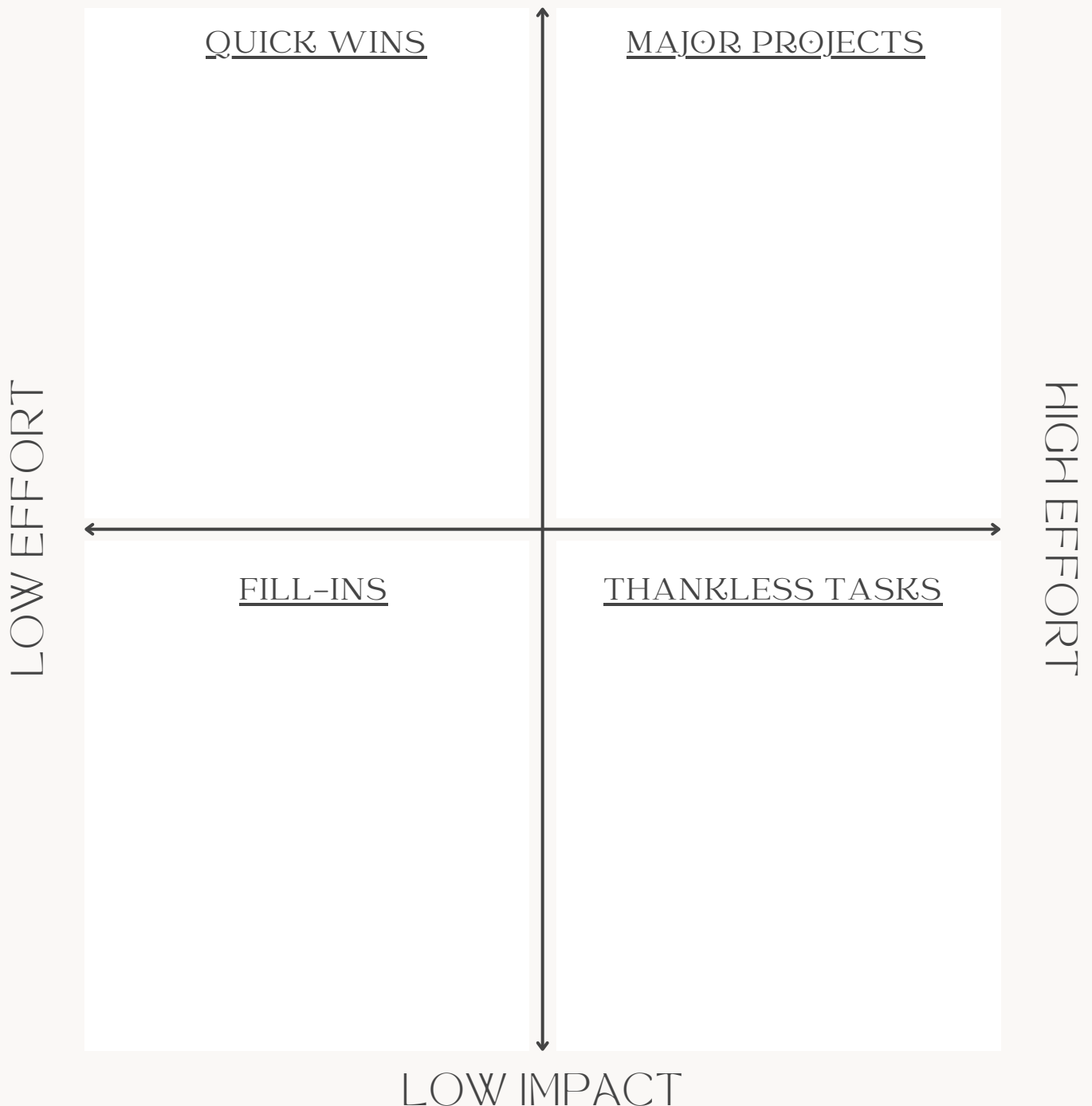


# *ACTION PRIORITY*

# MATRIX

THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALISE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.

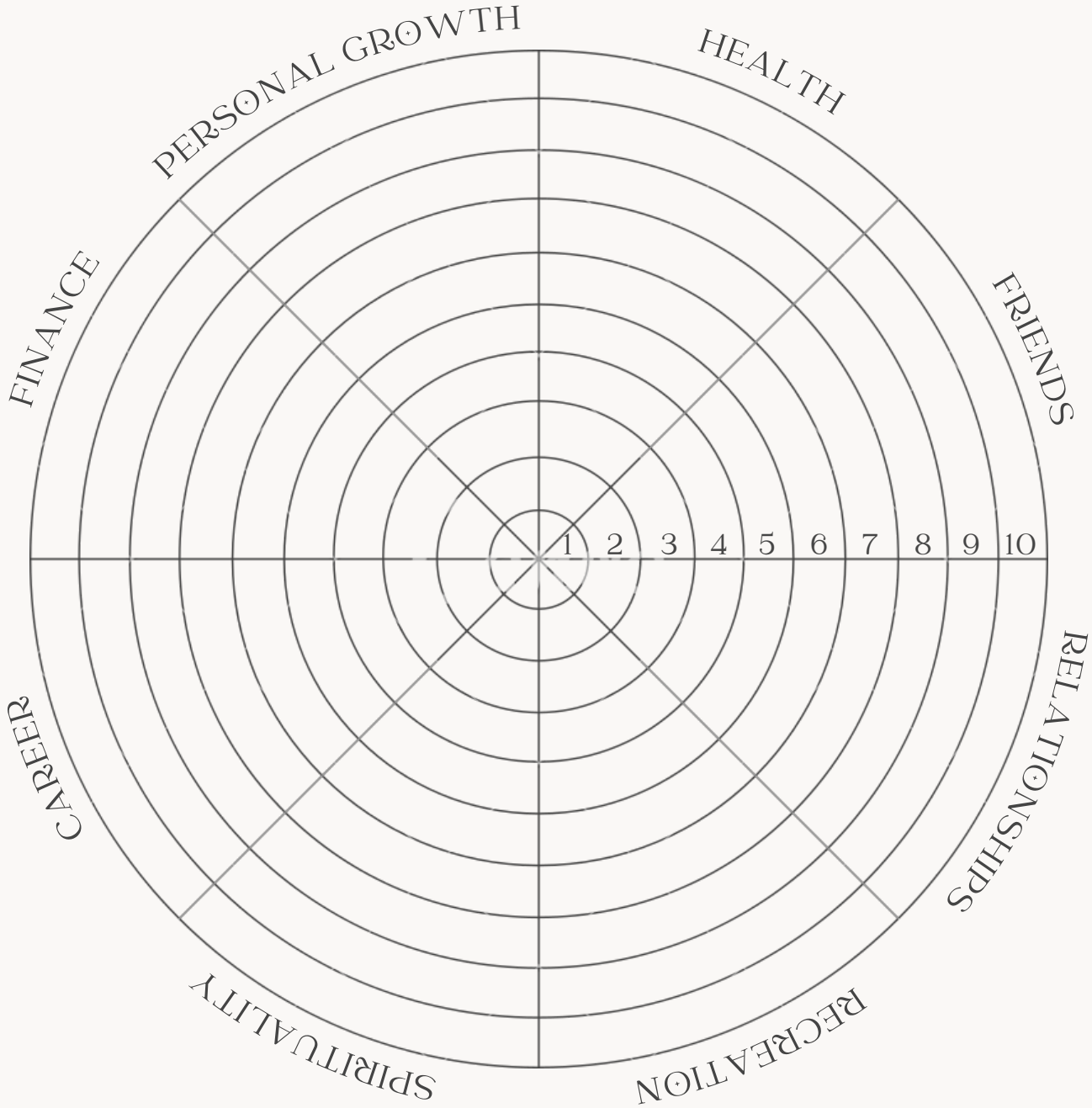
HIGH IMPACT



# WHEEL OF

# LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



7 DAY

# HABIT TRACKER

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: \_\_\_\_\_

HABIT / SELF-CARE STEP

	S	M	T	W	T	F	S
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION NOTES

---

---



# *LIFE* GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			



# *WEEKLY GOALS* TRACKER

WEEK OF: \_\_\_\_\_

	MY GOALS	MY FEELINGS	DONE
MON			<input type="checkbox"/>
TUE			<input type="checkbox"/>
WED			<input type="checkbox"/>
THU			<input type="checkbox"/>
FRI			<input type="checkbox"/>
SAT			<input type="checkbox"/>
SUN			<input type="checkbox"/>



# *UNDERSTANDING*

# GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.  
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

SO, WHY IS THIS GOAL IMPORTANT?

