

The little book of

TAKE
TIME for
your
SELF

by

North Node Therapy

northnodetherapy.com

SELF CARE WORKBOOK



Hi I'm Noderea John, licensed psychotherapist and owner of North Node Therapy. Thank you so much for downloading our self care workbook! We hope it will help you on your journey to creating your best life.

SELF-CARE CHECKLIST

TICK THE THINGS YOU'VE DONE RECENTLY

- Stretch all your muscles
- Organize your closet
- Drink more water
- Eat vegetarian meals
- Drink a green juice
- Cook your favorite meal
- Listen to your favorite song
- Go for a walk in nature
- Go to bed earlier
- Take a nice bubble bath
- Go for a morning jog
- Dip your feet in warm water
- Eat your favorite dessert
- Start a new hobby
- Get some sunlight
- Create your ideal future
- Go on a solo date
- Give yourself a break

NOTES

Physical NEEDS

SLEEP :

hours

Health Care

Annual Check-up for a
month

Nutrition

Breakfast

Health Issue

Lunch

Doctor's Notes

Dinner

JOURNALING PROMPTS

How do you physically feel at this moment?

Write down all of your goals for the next year, big or small.

Write down all aspects of the perfect “you day”.

Mental

NEEDS

Theraphy

Stress Reduction

BOUNDARIES

Saying no when you'd rather not do something

Not volunteering for extra work

Communicating needs directly to others

COGNITIVE ABILITIES

Learning something new

Playing brain games to improve concentration

Reading

Day :

Time :

Activity :

Take a Break

happy

D A Y S

Mindful Awareness

PERSONAL TIME THIS DAY

Morning Routine

- Wake up on time*
- Stay away from social media*
- Record positive affirmation*
- Exercise for 30 minutes*
- Shower*
- Eat a nutritious breakfast*

Affirmation

TODAY'S GOALS

JOURNALING PROMPTS

What makes you feel powerful?

What makes you feel in control?

What makes you feel loved?

NEED MORE INSIGHT & SUPPORT?

Hey there! I hope you enjoyed your FREE self care workbook. At North Node Therapy we believe you should prioritize your mental health as you would your physical health needs, with care and intention.

Self care plays a major role in your mental wellbeing so this workbook is intended to support you on your wellness journey!



If you need more support and would like to see if we can work together to find a path that works for your unique situation,

Click on the button below to contact us and myself or someone from my team will reach out to you!

xoxo

-Noderea John

[SCHEDULE A FREE CALL](#)