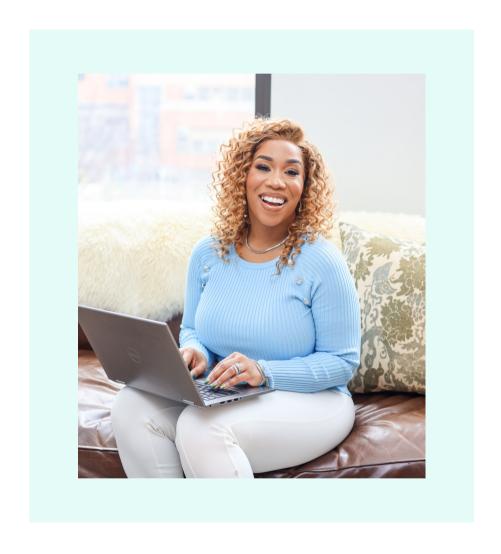
#### The little book of



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

### Physical S

**SLEEP:** 1 2 3 4 5 6 7 8 hours

Health Cave Mutrition

Annual Check-up for a month

**Breakfast** 

1 2 3 4

Health Issue <u>Lunch</u>

Doctor's Notes <u>Dinner</u>

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".



Theraphy —	Stress Reduction -	
7 700 4010	BOUNDARIES	
	Saying no when you'd rather not do something	
	Not volunteering for extra work	
	Communicating needs directly to others	
Take a Break	COGNITIVE ABILITIES	
Day:	Learning something new	
Time :	Playing brain games to improve concentration	
Activity:	Reading	

Write a Letter To Your Greatest Fear				



PERSONAL TIME THIS DAY	•
Morning Routine	
Wake up on time  Stay away from social media  Record positive affirmation  Exercise for 30 minutes  Affirmation	
Shower  Eat a nutritious breakfast	

TODAY'S GOALS

What makes you feel powerful?		
What makes you feel in control?		
What makes you feel loved?		

#### Monthly ACTION

Self-care Action

1.

2.

3.

4.

5.

6.

Self-cave Action

1.

2.

3.

4.

5.

6.

January - February

S M T W T F S

March - April

S M T W T F S

Write a Letter To Your Greatest Fear				

#### 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