



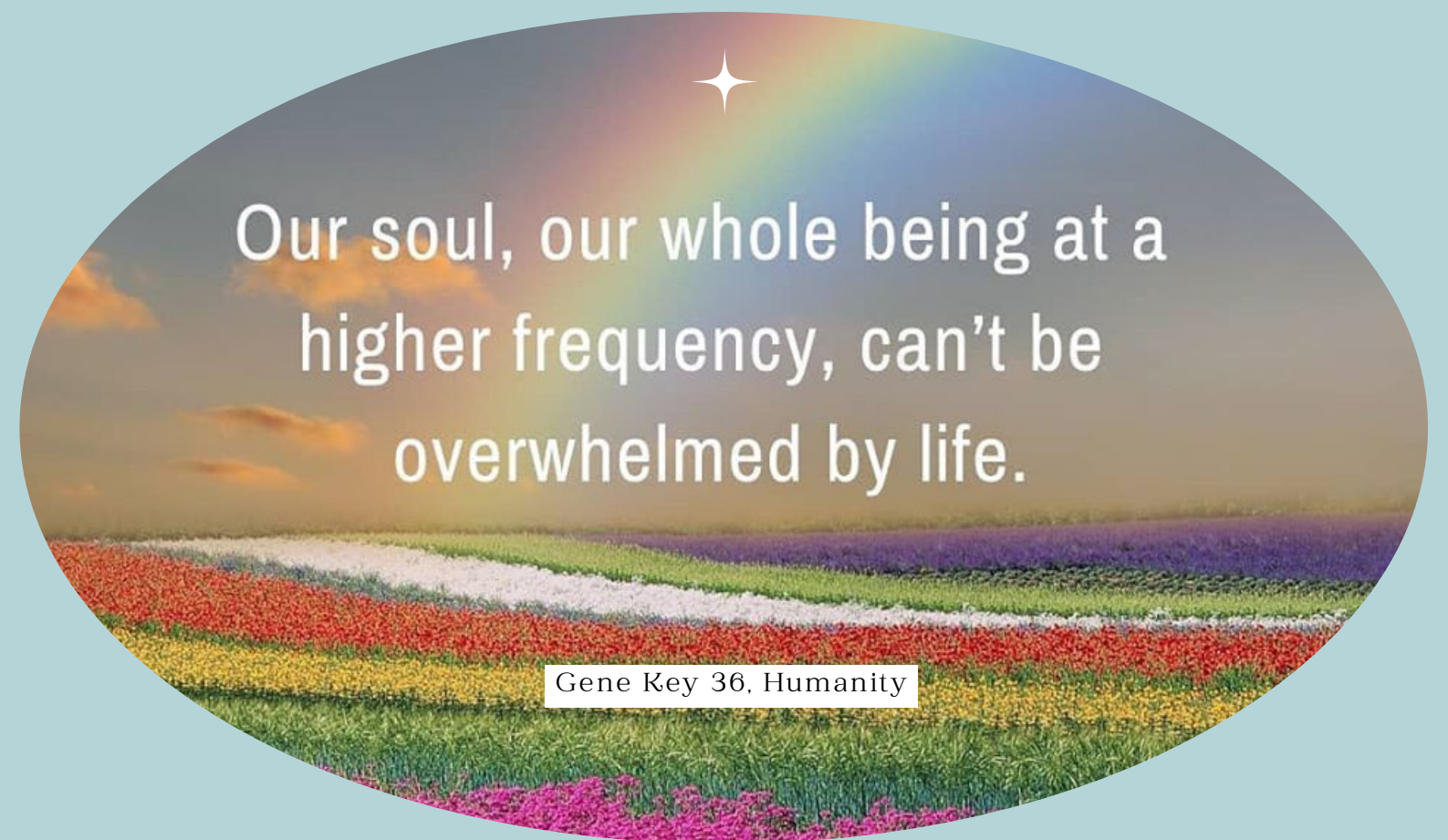
14-DAY SELF-CARE WORKBOOK

BY JULIA MELIM



Our soul, our whole being at a
higher frequency, can't be
overwhelmed by life.

Gene Key 36. Humanity



FYI: YOU DON'T HAVE TO
BE PERFECT

TIME OUT

WHEN WE ARE LITTLE, OUR PARENTS PUT US IN TIME OUT WHEN WE NEED TO STOP AND REFLECT ON OUR LIVES. SLOWLY, AS TIME GOES BY WE LOSE THIS PRECIOUS HABIT. UNLESS OF COURSE, THERE IS A WORLDWIDE PANDEMIC THAT FORCES US TO LOOK AT LIFE IN DIFFERENT WAYS. EVEN THOUGH THE WORST PART IS OVER, AND WE MADE IT THROUGH TO THE OTHER SIDE, THERE ARE LIFE LESSONS WE CAN TAKE WITH US. ONE OF THEM IS THE POWER OF TAKING TIME OUT FROM THE WORLD.

IT'S SO IMPORTANT TO MAKE TIME FOR OURSELVES AND CONNECT WITH WHAT IS CLOSE TO OUR HEARTS. I INVITE YOU TO TAKE TIME TO LOOK INWARDS, MAKE TIME TO FOCUS ON YOUR WELL-BEING AND REFLECT ON HOW YOU WANT TO SHOW UP IN YOUR LIVES.

CREATE AN INSPIRING VISION FOR YOUR FUTURE, NOT JUST THE GOALS OTHER PEOPLE HAVE SET FOR YOU OR WHAT YOU THINK YOU SHOULD DO, BUT REALLY ALLOW TIME TO CONNECT WITH YOURSELF AND FIND OUT IF YOU'RE HEADING IN THE RIGHT DIRECTION AND IF YOU ARE FULFILLED ON YOUR PATH.

THAT'S WHERE SELF-CARE COMES IN. WE ARE OFTEN SO BUSY BEING BUSY, THAT WE DON'T STOP TO CHECK IN WITH OURSELVES. WE NEED TO ALLOW TIME TO LISTEN TO OUR OWN THOUGHTS, OUR INNER GUIDANCE AND INTUITION.

THIS IS MY INTENTION: TO CREATE A SPACE TOGETHER FOR CONNECTION, LOVE, HEALING, WHERE YOU KNOW YOU DON'T HAVE TO BE PERFECT AND YOU CAN STOP AND ASK YOURSELF WHAT YOUR HEART IS TELLING YOU THAT YOU HAVEN'T MADE TIME TO LISTEN BY JUST BEING STILL FOR A FEW MINUTES A DAY. ALL THE TOOLS IN THIS SELF-CARE WORKBOOK HAVE HELPED ME SO MUCH OVER THE YEARS - AND I HOPE THEY HELP YOU TOO! ENJOY THE JOURNEY!



3-STEP

PROCESS

STEP ONE

TAKE TIME OUT FOR YOURSELF! IT COULD BE ANYWHERE FROM 5 MINUTES TO AN HOUR. EVERY DAY HAS 24 HOURS - IF YOU CAN'T GIVE ONE HOUR TO YOURSELF, THERE'S SOMETHING WRONG IN YOUR SCHEDULE. I LIKE TO SAY "MY FIRST HOUR IS MINE" - WHICH MEANS THIS IS THE HOUR YOU HAVE TO NOURISH YOURSELF SO YOU CAN SHOW UP AS YOUR BEST SELF IN ALL OTHER AREAS OF YOUR LIFE.

STEP TWO

CHECK IN WITH ALL YOUR FEELINGS! IT MAY SOUND CHEESY, EMOTIONAL, WHATEVER YOUR EGO IS TELLING YOU RIGHT NOW, BUT THIS IS THE ONLY WAY TO CONNECT WITH YOUR INNER SELF AND FIND OUT WHAT IT IS THAT YOU HAVE BEEN MISSING IN YOUR LIFE AND WHAT YOU NEED TO FOCUS ON.

STEP THREE

GO DO THAT! THAT THING YOU'VE BEEN PUTTING OFF, THE COURSE YOU'VE ALWAYS WANTED TO TAKE, THE WALK IN THE PARK, THE SINGING LESSONS, THE SCRIPT YOU WANTED TO FINISH - TAKE ONE STEP IN THE RIGHT DIRECTION! WRITE IT DOWN. KEEP TRACK OF WHERE YOU WANT TO ARRIVE AT THE END OF YOUR JOURNEY AS WILD AS IT MAY SEEM. THE TIME IS NOW! THERE'S NO TIME LIKE RIGHT NOW.



SELF-CARE

INTENTIONS

DAILY AFFIRMATIONS

TODAY I AM GRATEFUL FOR

TODAY'S TOP GOALS

01

02

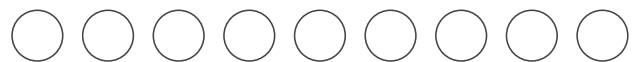
03

SCHEDULE

WATER



SLEEP



MOOD



NOTES



DAILY ROUTINE

CHECKLIST

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT (MAKE IT YOUR OWN).

MORNING SELF-CARE

- MORNING MEDITATION (SELF-COMPASSION, HO'OPONOPONO)
- JOURNALING (WRITE 3 FULL PAGES OF STREAM OF CONSCIOUSNESS)
- GO FOR A WALK OR EXERCISE
- _____
- _____
- _____
- _____
- _____
- _____

NIGHT SELF-CARE

- EVENING MEDITATION (SELF-SOOTHING, SLEEP MEDITATION)
- TAKE A BATH OR TAKE A SHOWER TO SHIFT YOUR ENERGY
- LET GO OF THE DAY AND BE PRESENT
- _____
- _____
- _____
- _____
- _____
- _____



WEEKLY

CHECKLIST

MAKE YOUR WAY THROUGH EACH SECTION, AND MARK THE CHECKBOX ONCE THE TASK HAS BEEN COMPLETED. DO AS MANY AS YOU CAN.

LOVE YOURSELF MORE

- NOTICE THINGS YOU LOVE ABOUT YOURSELF TODAY
- SAY I LOVE YOU IN THE MIRROR
- HIGH FIVE YOURSELF
- COMPLIMENT YOURSELF
- TURN OFF YOUR PHONE FOR AN HOUR

DREAM MORE

- WRITE DOWN WHAT YOU'RE EXCITED ABOUT
- DO ONE THING YOU LOVE
- ACKNOWLEDGE THINGS YOU HAVE ACCOMPLISHED
- IMAGINE YOUR DREAM LIFE
- CREATE A VISION BOARD

PLAY MORE

- DO SOMETHING YOU USED TO DO AS A CHILD YOU HAVEN'T DONE IN A WHILE
- EAT YOUR FAVORITE FOOD
- GO TO A PLACE YOU ENJOY BY YOURSELF
- EXPLORE A NEW PLACE YOU'VE NEVER BEEN
- GO TO THE MOVIES JUST FOR FUN

BELIEVE MORE

- FIND SOMETHING THAT MAKES YOU BELIEVE IN MAGIC AGAIN
- PAY ATTENTION TO SYNCRONICITIES
- FOLLOW THE SIGNS OF THE UNIVERSE
- CALL OR MESSAGE SOMEONE YOU HAVEN'T TALKED TO IN A WHILE
- DO A HAPPY DANCE!



SMART GOALS

WHEN SETTING GOALS, MAKE SURE TO BE SPECIFIC - GET AS SPECIFIC AS YOU CAN. THE QUESTIONS BELOW WILL HELP YOU GET MORE SPECIFIC AND CREATE YOUR GOALS.

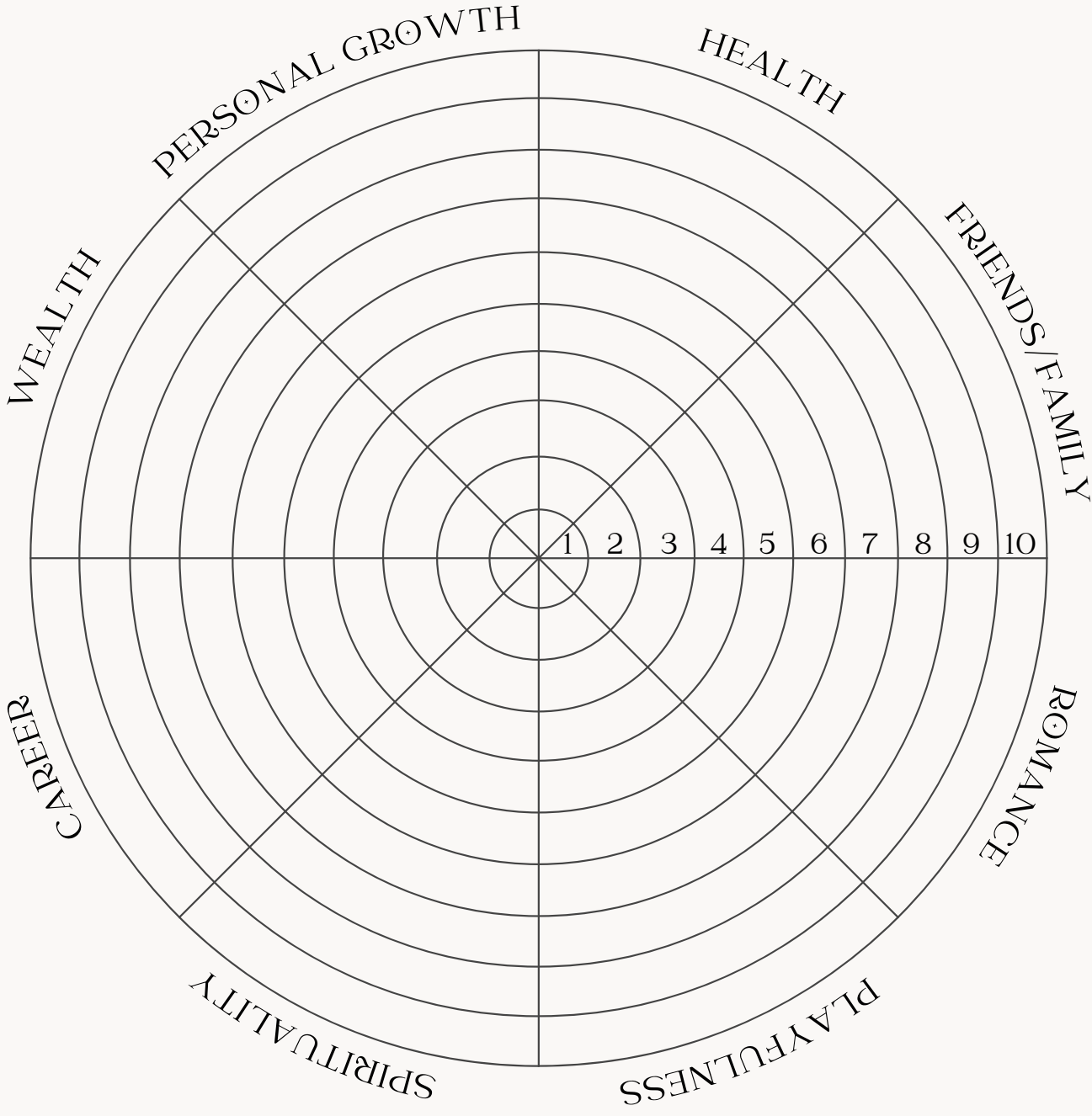
S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I FEEL WHEN I KNOW IT HAS BEEN ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>WHAT ARE SOME WAYS THE GOAL CAN BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p>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



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.



LIFE GOALS

FOR EACH LIFE CATEGORY BELOW, WRITE DOWN WHAT YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. WRITE YOUR MAIN GOAL FOR EACH CATEGORY. TAKE TIME TO REFLECT ON THESE.

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>			



UNDERSTANDING

GOALS

GET CLEAR ON YOUR GOALS. 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?



SWOT Analysis

S



W



O



T



Strengths

Weaknesses

Opportunities

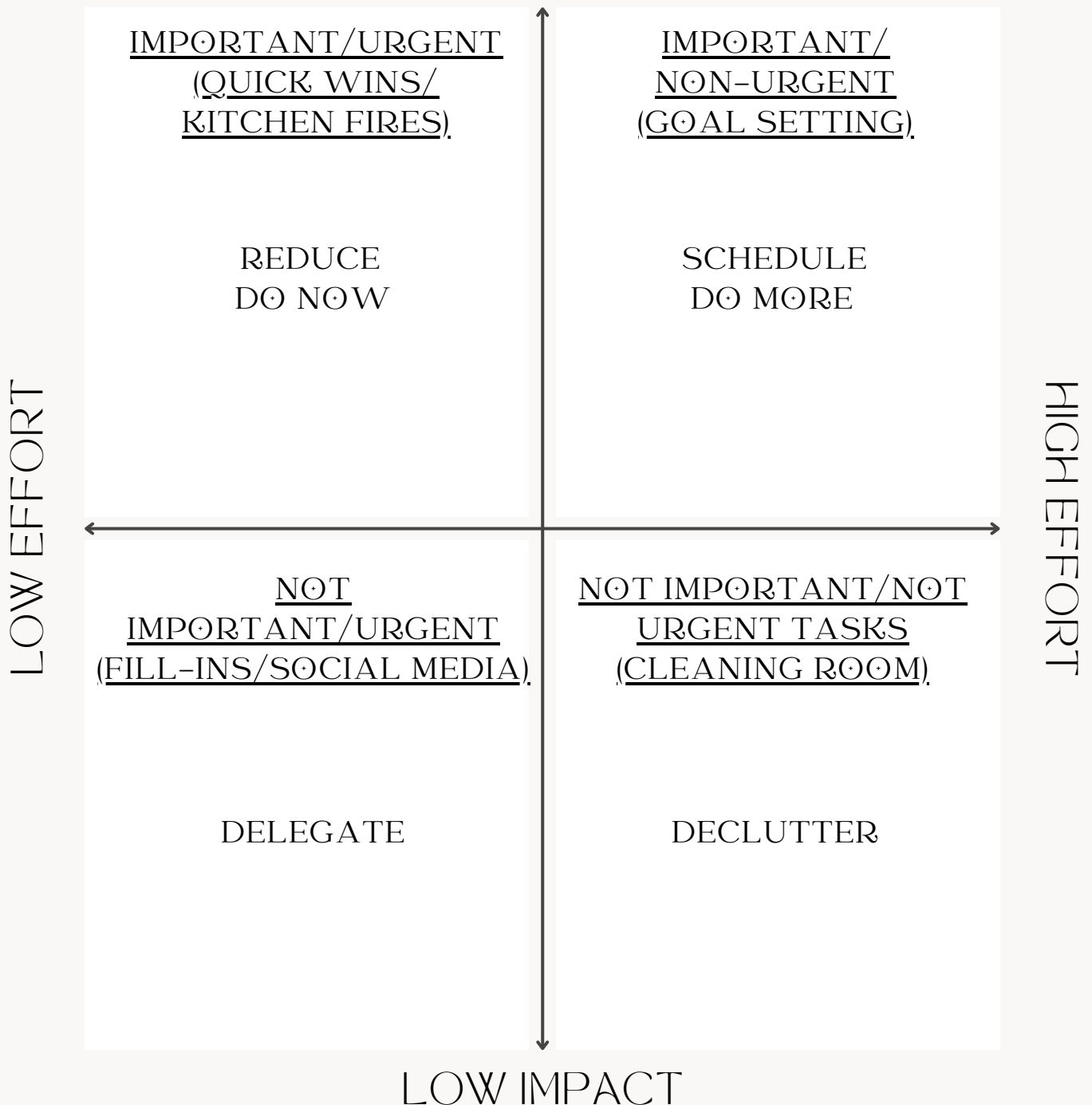
Threats

ACTION-PRIORITY

MATRIX

TIME IS A MATTER OF PRIORITIES. 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



SELF CARE

HABIT TRACKER "I DID IT LIST"

	M	T	W	T	F	S	S
Meditate for 10-15 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deep breathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Journal for 30 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down what you are grateful for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walk outside for 15 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen to a podcast or fun playlist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise for 15-30 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read a book or audiobook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Check in with friends or family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No technology for 60 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No alcohol or caffeine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES

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"/>



14-DAY SELF-CARE *checklist*

DAY	TASK	DONE
01	Write down or say out loud 5 things to be grateful for	<input type="checkbox"/>
02	Go out in nature	<input type="checkbox"/>
03	Meditate for 15 mins on Self-Compassion or Ho'oponopono	<input type="checkbox"/>
04	Read a book or audiobook	<input type="checkbox"/>
05	Journal for 30 minutes (stream of consciousness)	<input type="checkbox"/>
06	Create a playlist you love on Spotify	<input type="checkbox"/>
07	Stretch or Exercise for 15-30 minutes	<input type="checkbox"/>
08	Make hot tea and hold it close to you (this is grounding)	<input type="checkbox"/>
09	Treat yourself to a relaxing bath or shower	<input type="checkbox"/>
10	Listen to an inspiring podcast or chill playlist before bed	<input type="checkbox"/>
11	Practice Deep Breathing	<input type="checkbox"/>
12	Cook a new recipe	<input type="checkbox"/>
13	Treat yourself to a relaxing bath or shower	<input type="checkbox"/>
14	Do something you love that makes you happy	<input type="checkbox"/>