

# Journaling Pages

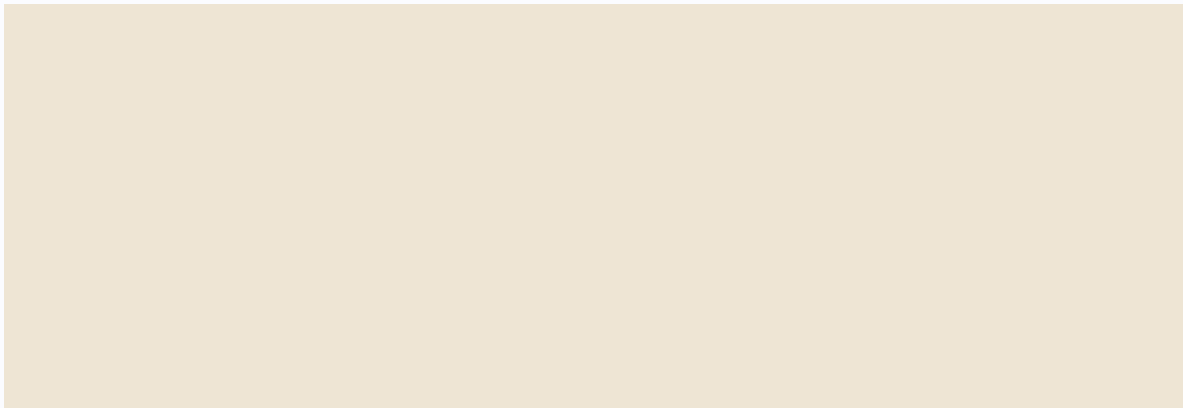
## Fierce Self-Care

### Lesson 1: Self-Care for the Mind

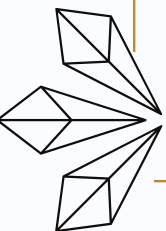
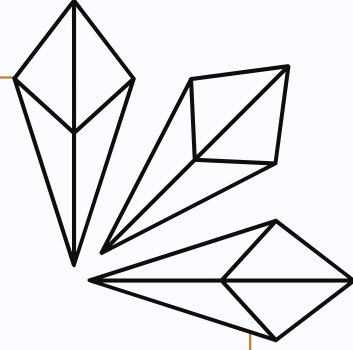
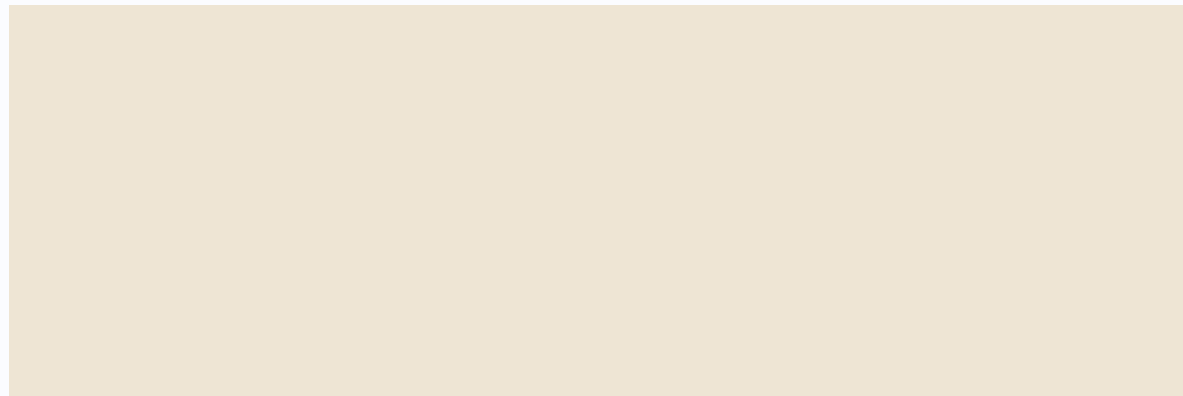
The more we nourish the mind with healthy, positive thoughts, the more joyful and at ease with ourselves we become. Self-Care for the mind is about resisting the temptation to entertain limiting beliefs and negative self-talk. It's about being conscious of the types of media we're consuming, the conversations we're having, and the voices that we're constantly listening to.

Let's journal a bit to uncover what's happening in our minds in this present moment, and determine where to go from there!

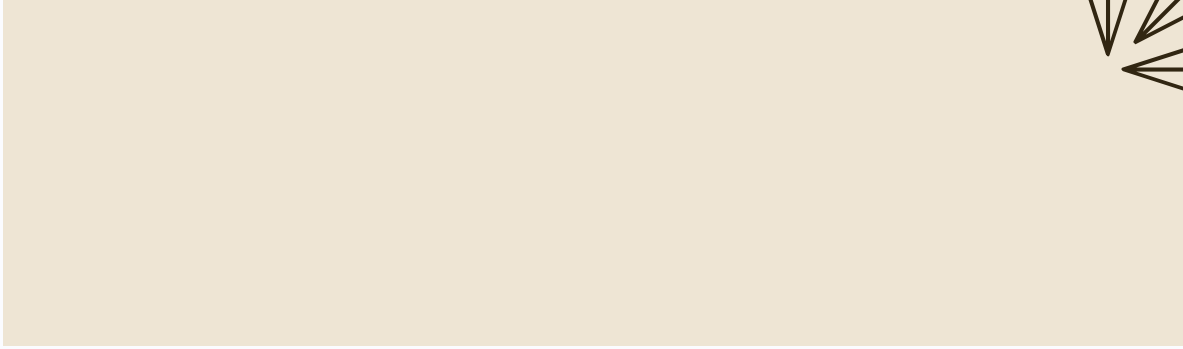
What kinds of negative self-talk do you find yourself engaging in throughout the day? These are any judgmental or critical thoughts you might have about yourself and your abilities. You might have to sit and think about this one. We get so accustomed to the negative self-talk that our minds go on autopilot, replaying them over and over; and we tend to not even realize that we're thinking them. So give yourself some time to really consider this question.



For every negative piece of self-talk you wrote down, can you write out something positive you can say to yourself instead? For example, if your negative thought is: I'll never be good enough; then your positive thought to combat the negative might be: I'm always enough.



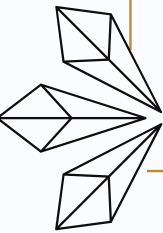
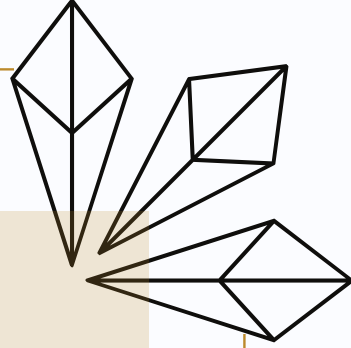
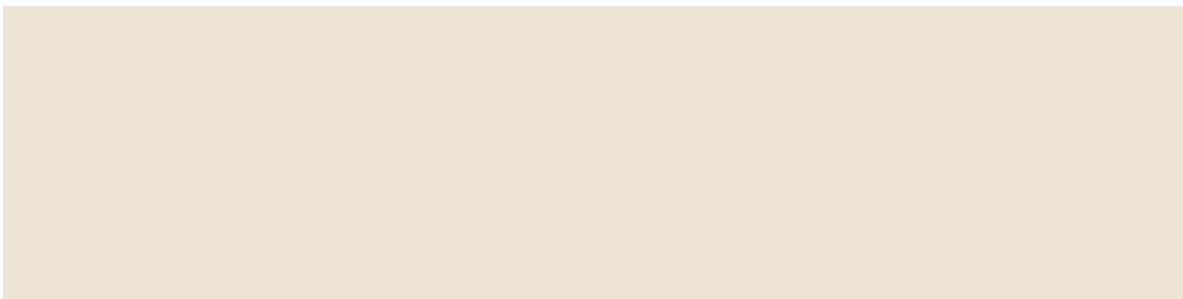
What kinds of positive thoughts do you find yourself thinking throughout the day?



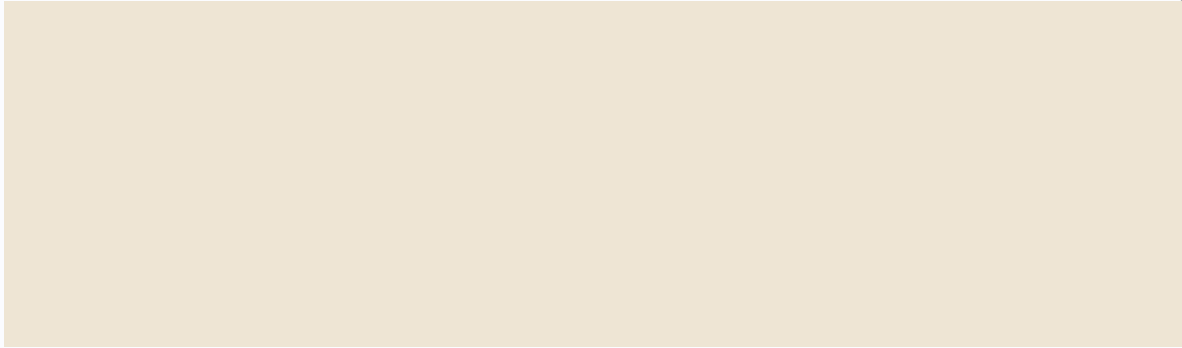
List the kinds of media you consume, along with the amount of time you consume it and how it makes you feel. Include things like the news, social media, shows, videos, podcasts, etc. For social media, you can even break it down by platform; for example, Facebook would be one entry, and Twitter would be a separate entry.

Type of Media	Time Consumed	How it Makes you Feel

Look back at the chart and the breakdown of the time that you're spending on each item. Do you feel you're putting your time and focus into places that are empowering and positive for your mind? Why or why not?



Is there something from the list that you feel you need to do less of, or do away with completely? Something that makes you feel drained, anxious, sad, nervous, or afraid? Can you commit to making this adjustment?



Any other ways you can think of to practice self-care for your mind and protect it from negativity?

