

Hello Beautiful Starshine!!!!!!

Congratulations!!!! You are about to embark on a life transforming 30 day journey. Here is your personal journal to keep track of each days thoughts and insights.

Here is how it works. Each day has a writing prompt written in the purple and a motivational selfcare quote written in blue. Try to follow the writing prompts as well as log anything extra you desire for the day.

By the end of 30 days you should have some amazing thoughts and inspirations logged all throughout this journal. Some will be lists you may wish to look back on as reminders of some of the amazing things you enjoy doing for yourself. Have fun delving in deeper to YOU and discovering more about yourself!

Stay beautiful! Stay healthy!
Live life and feel good!!!

SELF CARE IS HEALTH CARE

Make two column.

In the first column list everything you can think of that you are currently doing for self care and nurturing yourself.

In the second column list everything you can think of that you wish you could do for self care and nurturing.



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"How do you define 'taking care of yourself? Create a new self-care practice today. Observe your comfort level when it comes to being good to yourself. Discomfort is a wise teacher."

- Caroline Myss and Peter Occhiogrosso

SELF CARE IS HEALTH CARE

Your goal is to create a new self care ritual for yourself. See if you can implement it today.
Keep it simple.

Did you fit it it today? If yes, how did it make you feel?

Brainstorm other ways you could fit self care moments into your day.



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Douy 3

"Learning to love yourself is like learning to walk-essential, life-changing, and the only way to stand tall." - Vironika Tugaleva

SELF CARE IS HEALTH CARE

How do you care for your skin and the exterior of your body?

Could you do more or less? Why do you think this?

How would you change your skin habits and how would you feel it would nurtue yoou?

Write anything else you have thought of on self care and epiphanies you may have had or things you have done.



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"The most powerful relationship you will ever have is the relationship with yourself." — Steve Maraboli

SELF CARE IS HEALTH CARE

You actual physical health is imperative to helping you feel good each day. Do you have any healthy routines or things you do to prevent sickness?

Are there ways you would like to improve your health? What are some actionable steps you could do to begin reaching your health goals?

Write anything else you have thought of on self care and epiphanies you may have had or things you have done.



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Doy 5

"Your breathing is your greatest friend. Return to it in all your troubles and you will find comfort and guidance." — Unknown

SELF CARE IS HEALTH CARE

What are any of today's epiphanies or insights?

Where else in your life do you feel you can do better at caring for yourself?

Take some time to breath today. Just feel that. Write anything if it comes to you.



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"Do something every day that is loving toward your body and gives you the opportunity to enjoy the sensations of your

- Golda Poretsky

SELF CARE IS HEALTH CARE

If time was free for you to self care any way you want - what would you do for yourself?

Do you have blocks that stop you from taking care of yourself as much as you would like? Identify them by listing them as you think of them.

Can you get creative on ways to overcome some of these blocks so you can feel amazing?



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Douy
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"Knowing how to be solitary is central to the art of loving.

When we can be alone, we can be with others without using

them as a means of escape."

— Bell Hooks

SELF CARE IS HEALTH CARE

Try walking or some other solo activity that gets you moving and in a meditative mode.

Do you currently have any tpye of body movement or exercise you do to keep you body functioning? Is this helping you?

In what ways would you desire to change your movement and the way you feel in your body?
Are there small steps you can take to achieve these goals?



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"Learning to treat ourselves lovingly may at first feel like a dangerous experiment." — Sharon Salzberg

SELF CARE IS HEALTH CARE

What are 3 things you are doing in your life currently that no longer serve you? How can you stop doing these things?

For an easier transition is there other things you can substitute in place of these that would actually serve you?

What can you do today to create a movement toward the self nurturing things you need to do?



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"The love and attention you always thought you wanted from someone else, is the love and attention you first need to give to yourself."

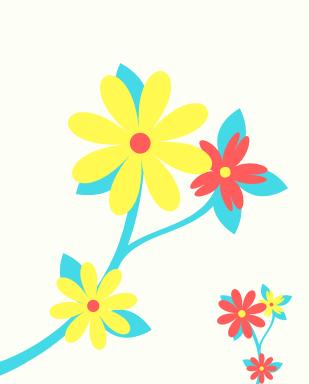
- Bryant McGillns

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I practice self care because I want to feel.....

Think of one thing you really enjoy doing and fill in this statement "When I_____
I feel ____"

How can you add more of this to your life?



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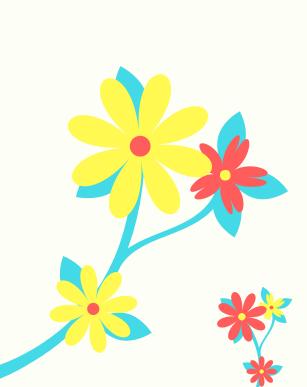
"Rest and self-care are so important. When you take time to replenish your your spirit it allows you to serve others from the overflow. You cannot serve from an empty vessel."

— Eleanor Brownn

SELF CARE IS HEALTH CARE

Look back on a time when you didn't practice self-care and reflect on how proud you are of all the positive changes you've made in your life.

What kind of mini celebrations can you give yourself that fill your cup?



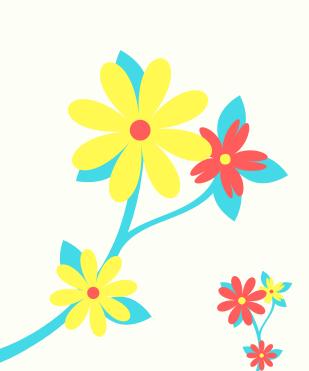
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"Self care is not a waste of time. Self care makes your use of time more sustainable." — Jackie Viramontez

SELF CARE IS HEALTH CARE

What can you do to add more ease and relaxation to your night time routine or morning routine?

What's your ultimate dream when it comes to relaxation?



"Self-care is a deliberate choice to gift yourself with people, places, things, events, and opportunities that recharge our personal battery and promote whole health-body, mind, and spirit."

- Laurie Buchanan, PhD

SELF CARE IS HEALTH CARE

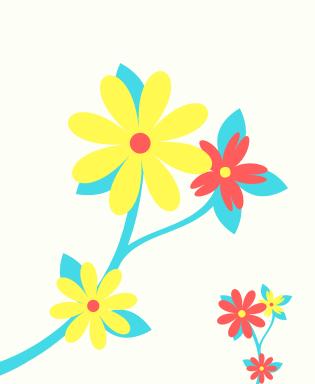
Write yourself a thank you note, thanking yourself for everything you do for your own wellbeing.



SELF CARE IS HEALTH CARE

Challenge! Work on adding more water into your life and see how good you begin to feel.

Write down 20 things that make you smile. :)



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"Almost everything will work again if you unplug it for a few minutes, including you." — Anne Lamott

SELF CARE IS HEALTH CARE

Do the aura cleansing meditation. Write down anything you felt or experienced.

If you don't get an opportunity to do the meditation.......

Think about if there is anyone in your life that you feel is pulling you in any direction, especially if it feels in conflict with where you want to go. How can you keep your personal energy centered and balanced to be firm in what you want?



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"If your compassion does not include yourself, it is incomplete." - Jack Kornfield

SELF CARE IS HEALTH CARE

When it comes to asking for help in your life, how does that make you feel? Do you easily ask or is it hard?

What fears do you have around asking for help?

In what ways have you blocked yourself from receiving because you have failed to ask for help? What can you do to change this moving forward?

How can you life benefit from asking for help?



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Douy 16

"Knowing how to be solitary is central to the art of loving. When we can be alone, we can be with others without using them as a means of escape." — Bell Hooks

SELF CARE IS HEALTH CARE

Good rest is crucial to having energy in the body and a good functioning brain.

What do you do to get good rest?

If you need more, what things could you do to incorporate more rest into your life?

What is preventing you from getting rest? Why?



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SELF CARE IS HEALTH CARE

Does your self-care practice feel like a chore or an item on your to-do list?

If yes, ask yourself why and how you can change this feeling. If no, explore how you've found so much enjoyment in your selfcare.



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Douy 18

""There are days I drop words of comfort on myself like falling leaves and remember that it is enough to be taken care of by my self."

- Brian Andreas

SELF CARE IS HEALTH CARE

Write 5 compliments to yourself. Now say them to yourself in the mirror.

How does that make you feel?

Can you boost yourself up each day with these compliments?

Can you think of any compliments you do not currently believe but would like to believe?



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Douy 19

"Those who think they have not time for bodily exercise will sooner or later have to find time for illness." - Edward Stanley

SELF CARE IS HEALTH CARE

Evaluate how you physically feel in your body. Do you feel pain?

If yes, where does it emanate from, what are you doing to currently combat the pain?

If no, in what ways do you keep up prevention of pain in your body?

Is there any type of stretching or physical activity you would like to experience more in your life? How could you work it in?



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"Invent your world. Surround yourself with people, color, sounds, and work that nourish you." - Susan Ariel Rainbow Kennedy

SELF CARE IS HEALTH CARE

Today use your voice. You can sing, sing-talk, growl, hum, yell, scream, whisper, ect. Find different ways to utilize your voice to bring you comfort.

Write about how different vocalizations make you feel.
Note which ones make you feel good so you can be reminded in the future when you might need to use them in the future as some self care.



Doy 21

"Self-care is never selfish, but it may feel that way when you live a frenzied life." — Arthur P. Ciaramicoli

SELF CARE IS HEALTH CARE

Make a self care bucket list.
Write down all the things you would like to do if you could.
Write down everything new you would like to try.

You can always come back and add to this list or check things off. Making time for yourself can be lots of fun.



"In dealing with those who are undergoing great suffering, if you feel "burnout" setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself. The point is to have a long-term perspective."

— Dalai Lama

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When was the last time you allowed your inner child out to play? What did you do?

What types of play speak to you?

Name at least 5 things you could do to introduce more play into your life.

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"Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won't accept."

- Anna Taylor

SELF CARE IS HEALTH CARE

How assertive would you say you are?

Is it easy to say "no" to someone?

If no, dig deeper and ask yourself why? What ways could your life benefit from saying "no"?

If yes, In what ways does your life benefit from being able to say "no"? Do you feel you need the opposite, to say "yes" to more opportunities?



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"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life."

— Jean Shinoda Bolen

SELF CARE IS HEALTH CARE

Make a list of everything that inspires you — from books to websites to quotes to people to paintings to stores to the stars ect.

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Doy 25

"Self love is asking yourself what you need — everyday — and then making sure you receive it." — Unknown

SELF CARE IS HEALTH CARE

Create a playlist of songs that help to inspire you and pump you up.

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"You are a VIP, a very important person so take care with self care. If not you, who? If not now, when?" — Toni Hawkins

SELF CARE IS HEALTH CARE

Think about activities outside of your home and job that you enjoy. It can be anything from your past or something you are wanting to try. Now make a list of these activities so when you need something to do in the future you have a reminder right here.

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"How we care for ourselves gives our brain messages that shape our self-worth so we must care for ourselves in every way, every day."

- Sam Owen

SELF CARE IS HEALTH CARE

It's raining outside and you have no agenda for the day. How do you spend your day in a way that makes it beneficial for you?



"You can't pour from an empty cup. Take care of yourself first."
- Unknown

SELF CARE IS HEALTH CARE

Write a love letter to your least favorite part of your body.



Douy 29

"How do you define 'taking care of yourself'? Create a new self-care practice today. Observe your comfort level when it comes to being good to yourself. Discomfort is a wise teacher."

- Caroline Myss and Peter Occhiogrosso

SELF CARE IS HEALTH CARE

What is your current morning routine?

What about it do you like? Why?

What about it do you not like?

In what ways would you like to change your morning routine to start your day with your cup full and overflowing?



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"Lighten up on yourself. No one is perfect. Gently accept your humanness." —Deborah Day

SELF CARE IS HEALTH CARE

What habits are not serving you anymore?

What actions can you take to change these habits?

Create your action plan for shifting your no longer serving you habits into serving you habits.



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You ARE Beautiful!!!



You ARE Deserving!!!

You ARE Strong!!!

You ARE Powerful!!!

You ARE Magnificent!!!

You ARE Deserving to Love and Be Loved!!!

