



Make **SELF-CARE** **A HABIT**

A Guided Journal to Help You Create
And Build Simple Self-Care Habits
Into Your Everyday Life

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MAKE SELF-CARE A HABIT BUT HOW DO WE DO THAT?

By reading and actively participating in this journal, you will be making self-care a habit. The purpose of this journal is to assist you in incorporating straightforward self-care habits into your daily life. The journal will seamlessly guide you through self-care and journaling in the easiest way possible.

The journal will explore the importance of self-care and provide simple methods for you to bring self-care into your daily routine.

To use this journal, simply complete the daily journal page and tick list. You can read the informational pages at your leisure, whether it's before, during, or after journaling.

The date is left open, which means you are free to skip a day or even a month without feeling guilty. Just return when you are ready.

“Self-care becomes self-love and from there, self-development happens.”

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WHAT IS SELF-CARE?

Self-care is the conscious and active practice of safeguarding our own well-being and happiness, taking steps to nurture and prioritise our own physical, mental and emotional health. It is essential to recognise and address our own needs in order to maintain a healthy life balance, especially during times of stress and anxiety. The first step in the self-care process is becoming aware of our bodies and learning to recognise signs of stress. Once we are aware we can employ self-care tools to care for ourselves.

Why do we need it?

We constantly juggle work, relationships, responsibilities and commitments, often neglecting the one person who needs our attention the most - ourselves. This is where the power of self-care comes into play. Self-care is not a luxury; it is a necessity for maintaining our overall well-being, physically, mentally and emotionally.

When we make self-care a priority and embark on the journey of mastering it, it is not a selfish act but an act of self-love. Self-care encompasses a range of habits and practices that prioritise our own health, happiness and joy. We can go on a transformative journey of self-discovery, personal growth and ultimately inner peace.

BENEFITS OF SELF-CARE

What are the benefits of self-care?

Here are Just some of the benefits we can unlock when we master self-care;

- Enhanced mental and emotional well-being.
- Increased physical activity.
- Improved relationships.
- Increased productivity and focus.
- Greater self-compassion and personal growth.

Mastering self-care is an investment in ourselves and has so many benefits that flow into our everyday lives. Self-care allows us to nurture and recharge our minds, our body and our soul. Empowering us to show up as our best self in all areas of our lives. Self-care becomes self-love and from there self-development happens.

Some Ways to practice self-care;

Journaling, reading, writing, resting, meditating, breathing, being grateful, being forgiving, de-cluttering, getting out in nature, setting goals and creating positive affirmations to name but a few.

WHY JOURNAL?

Journaling is an act of self-love and can bring many benefits and rewards.

- Letting go of negative beliefs.
- Creating and affirming new positive beliefs.
- Discovering what you want and why you want it.
- Finding what you love.
- Creating new positive habits.
- Helps to promote gratitude.
- Helps you work on forgiveness.
- Promotes personal growth.
- Figuring out your values.
- Exploring your motivations.
- Finding your flow.
- Can reduce anxiety.
- Helps to release emotions.

Journaling can help you understand your thoughts and process them in a more positive way. Journaling is self-care, self-love and self-development all rolled into one.

How to journal

Anyone can journal, anywhere, at any time. All you need is a pen and paper. Of course a structured journal makes it a lot easier.

What should I journal about?

Absolutely anything! What you had for dinner, breakfast and lunch, your new fitness plan, what came up for you during meditation, what you are thinking, your day, what do you want? A letter to your future self/past self. A poem, a story, a book. Your thoughts, your goals, your purpose, your values. Absolutely anything you feel like. I like to write about what I'm learning, when I write in my own words it makes more sense to me. Go have some fun with it.

HABITS

What is a habit?

A habit can be defined as something that we do often and regular in a repeated way. Our usual way of behaving or being. Habits ultimately define who we are, they are often unconscious acts that we consistently do. Habits can be good or bad. To break a bad habit, it is wise to replace the bad habit with a good one.

How do I identify my habits?

- A habit can be recognised using time, is it a morning, afternoon or evening habit?
- Is the habit due to how we are feeling emotionally?
- A habit could be triggered due to where we are or the location we are in?
- It could be related to who we are with?
- It could be a preceding action? Meaning something we have just done that might trigger a habit.

How do I change a habit?

- By first identifying it.
- Being mindful of it and knowing that you want to change it.
- Change the routine the habit is in.
- Create a new habit to replace the old one.
- Start small and simple, five minutes of meditation, journaling or affirmations.
- Five minutes when you wake up to tap into your dreams.

What can I do to create good and better habits?

Start small and simple, begin with introducing one new habit to begin with, such as journaling, commit to just five minutes a day. Add a habit onto something you already do each day, for example; after I have written in my journal I will do my meditation. Be consistent, if you feel your new good habits slacking, just be aware and get them back on track again.

DREAMS

A good habit to develop is tapping into your dreams. Dreams express what our subconscious is working on while we are sleeping. Throughout history many great ideas and discoveries have come about as a result of a dream.

Accessing our dreams can lead to many benefits.

What is a dream?

A dream is unique to each individual, a dream is a combination of your waking thoughts, experiences and worries. A dream can be images, visions, emotions, and sensations experienced while we are sleeping.

You can benefit greatly by remembering your dreams

- Enhanced problem solving skills.
- Increased creativity.
- Reduced stress.
- Improved memory.
- Increased self-awareness.

Dreaming can be a source of joy, inspiration, knowledge and emotional healing. Your dreams are like a door to your subconscious mind, where you can access desires and aspirations and improve your overall psychological health.

How do I remember my dreams?

Dreams can literally slip away in the blink of an eye. Before going to sleep affirm to yourself you are going to remember your dream. When you awake in the morning try and keep your eyes closed for a couple of minutes to recall your dream. When fragments of your dream appear, write them down or record them. Think about or talk about your dream throughout the day. There is so much we can learn from our dreams.

GRATITUDE

Practice gratitude. Adopt an attitude of gratitude. Gratitude should be practiced daily, and is as simple as being grateful for the small things, the sunset, the rainbow, the roof over your head. Studies have shown that practicing gratitude can improve our sleep, our mood and even our immune system.

You can show gratitude, by writing a letter of thanks, returning a favour or sending a thank you gift.

You can feel gratitude through journaling. Writing out what you are grateful for. By looking for the silver lining in any given situation, so you made a mistake, but what did you learn?

Thank yourself. There are so many things you can thank yourself for. Thank yourself for having a rest, a good sleep, a journaling session, creating a healthy habit, making yourself a healthy meal.

Gratitude journaling has been linked to increased life satisfaction and overall happiness. Regularly engaging in this practice rewires our brains, creating new neural pathways associated with positive thinking and contentment. As we become more aware of the abundance in our lives, we naturally experience a greater sense of satisfaction and joy. By shifting our focus from what is lacking to what we are grateful for, we invite positivity, resilience, and increased well-being into our lives.

FORGIVE AND LET GO

Forgiveness is not for them, it's for you. Forgiveness is so important. First of all we need to forgive ourselves for anything we hold ourselves accountable for. We need to forgive all who have done us any harm in anyway. We do not do this for the person, we do this for ourselves. We shift our perception. We realise that forgiveness helps us. Forgiveness releases blockages in us. Forgiveness is to completely let go of something. To completely abandon it.

Let go of negative beliefs and habits. In order to change our negative beliefs we must first understand what we are telling ourselves and then tell ourselves the exact opposite. Affirmations can help with this. Forgive easily and often, for no one else but you.

How do I forgive and let go?

- I like to burn old thought patterns and beliefs, when one pops into my mind I simply write it out on paper and burn them in flames, literally.
- You could also visualise taking them somewhere very far away and burying them in the sand.
- EFT Tapping (emotional freedom technique) is a great way to work on forgiveness and letting things go.
- De-cluttering your environment. I love the feeling of space in my home after a good de-clutter. I always feel lighter in my mind and body afterwards too.

GOAL SETTING

What is a goal?

When you know what you want and are willing to make the sacrifices. By sacrifices I mean, less time watching tv, scrolling through social media, playing computer games or whatever it is that eats up your time. We all have the same amount of time, it's what we choose to do with our time that makes the difference. When you put a deadline in place, that's when it becomes a goal. By placing a deadline on what you want it motivates you to take action in order to get to where you want to be. We don't need to know how we are going to reach our goal. We just need to know what we want and begin to take small steps towards it.

What are you telling yourself?

Our goals are the results of our thoughts. The programmes we are running in our minds. Our thinking can hold us back or propel us forward. Start by listening to what you are telling yourself, and if you don't like it, understand that you have the ability to change it. You can tell yourself anything you want.

So say some nice things, some lovely things and some excellent things. Tell yourself the exact opposite of what you have been telling yourself. Use affirmations to help with this. It's also worth mentioning to keep in mind what others believe or think about us is none of our business. We are what we believe.

GOAL SETTING

Why do we set goals?

So we can grow and move ahead. A goal is something you really want to go after. It should be something you don't know how to do. The big goal.

It is also useful to have smaller goals we can achieve easily alongside our big goals. Completing small easy goals builds up confidence and momentum, enabling us to feel accomplished and motivated.

How do we set goals?

- Decide what you want and why you want it, what is your motivation?
- Write it out and read it every day.
- Take small simple steps each day to move you towards your goal.
- Keep the image of what you want in your mind everyday.
Let's play...

What do you want?

Why do you want what you do?

What small step can you take today?

FUTURE SELF

Your future self is who you want to be and who you can be. If you want to be happier, be happier, if you want to be fitter, be fitter. If you want to be content, be content.

What can I do today my future self will thank me for? Use this journal to explore these ideas.

Yes I know that sometimes it can be hard to find the motivation to do anything, but if we keep it simple it really does work. This can be as simple as:

- **Doing the dishes the night before.** Imagine you wake up in the morning and your kitchen is already clean.
- **A washing a day, keeps the washings at bay.** Have your machine filled and ready to turn on in the morning, or the night before.
- **Prepare the night before for the day ahead.** This could mean painting your nails, washing your hair, getting the kids organised for school, sitting out your outfit and jewellery for the next day. Anything you can do that will make you next day flow easier.
- **Be present in the moment.** To be fully present in the moment we need to let go of yesterday and tomorrow. Try guided meditations, eft tapping or reiki practice.
- **Treat yourself.** Self-care really can be a treat. Try new hobbies, read new books, go for a relaxing walk, get out in nature, go to a beach or forest. Try a new form of exercise, yoga, qi gong, or swimming. Go for a massage or a reiki session. Practice deep breathing or meditation.

Your future self will thank you for looking after your body, mind and soul. Think healthy thoughts, use affirmations to help with this. Eat nutritious food and drink lots of water or herbal tea. Get your body moving. Be grateful. Forgive and let go. Journal.

JUST BREATHE

The simple act of breathing is definitely something we all take for granted. Just breathe through it all. Breathe before you speak, breathe before you act and most importantly, breathe before you react in any given situation. I have spent so much of my life holding my breathe. Just let it go, really let it go. Breathing is priceless and extremely underrated. There are many different methods of deep breathing, we will explore box breathing and mindfulness breathing.

The benefits of deep breathing include;

- Promotes well-being and happiness.
- Strengthens the immune system.
- Cleanses the lungs.
- Aids digestion.
- Brings greater clarity to the brain.
- Can be done anywhere and costs nothing.

How to box breathe

- Breathe in for four seconds.
- Hold it for four seconds.
- Breathe out for four seconds.
- Hold it for four seconds.

Then you may speak, act and maybe not react. You may just find yourself a little calmer.

How to practice mindful breathing

The purpose of mindful breathing is to bring your attention to the present moment, to keep your mind from drifting to the past and the future.

- Choose a positive word or phrase, I am calm, I am healthy, I am happy. You choose.
- Silently breathe in the word/phrase.
- Relax and let it go again.
- Breathe out the word.
- Relax and let it go again.

If you find your mind wandering, just come back to the word or phrase.

Alternatively breathe in, I am calm, breathe out, I release tension.

There are many different types of breathing to explore including;

- Lion's
- Pursed lip
- Alternate nostril
- Equal
- Belly
- Breath focus

MEDITATION

What is meditation?

Meditation is focusing ones awareness and attention on the present moment.

A very brief history

It is believed meditation originated in India several thousand years ago. The earliest written evidence can be found in ancient Hindu scriptures written over 5000 years ago. These ancient texts explain meditation as obtaining oneness with the absolute. In Hinduism they call this state Moksha. The script explains how meditation can help you remove ignorance and acquire knowledge.

As one of the oldest civilisations known on earth, Aboriginal Australians can trace their ancestry back 75,000 years. The meditative practice called 'Dadirri', meaning deep listening and silent awareness was passed down the generations orally through story telling.

Meditation also has roots in many other religions and traditions, including Buddhism, Sufism, Islam, Judaism and Christianity.

What are the benefits of meditating?

There are many benefits of meditating, including;

- Increased calmness and focus.
- Reduced stress and anxiety.
- Improved attention and clarity of thinking.
- Improved mental emotional and physical well-being.
- Can be done anywhere and costs nothing.

HOW TO MEDITATE

You can begin with as little as 3 minutes a day and gradually build it up.

- Find a comfortable position and close your eyes.
- Breathe in to the count of four.
- Breathe out for the count of four.
- Focus on the count.
- When you notice your mind wandering...
- Come back to the breath and the count.
- Continue to notice when your mind wanders away from the breath.
- Don't think about where your mind wandered just bring it back to the breath.
- Bring your mind back to the breath and the count.
- When you are ready open your eyes, notice how you feel physically and emotionally.
- Notice your thoughts.

It really can be as simple as that. No need to complicate it.

You may be interested in researching the many various types and styles of meditation including, guided, walking, focused, open, loving-kindness, transcendental, visualisation, mantra and mindful. Guided meditations are great for beginners as they can help build structure to your practice and keep you focused in the early stages.

GET OUT IN NATURE

What is nature?

Nature is the physical world, the natural world and everything in it, including plants, animals, mountains, oceans, stars, trees, wind, sunrise and sunset. Nature provides us with the air we breathe, the water we consume and the food we eat.

Being in nature can reduce feelings of fear, anger and stress. Being in nature can promote pleasant feelings and emotions. Physically, being in nature can reduce stress hormones, heart rate, and muscle tension.

Nature inspires feelings that connects us to our environment and each other.

Being out in nature gets your body moving. There are so many benefits including, enhancing your mood, reducing stress and anxiety, improving the health of the bones, lymphatic system, heart, brain and lungs. Getting the body moving also benefits our muscles, hormones, joints and our mental health. We will see improved sleep, energy levels, mood and self-confidence.

Getting out in nature will usually involve getting your body moving at the same time and can be as simple as a stroll through the park, star gazing or doing some gardening. If you are feeling more adventurous you could try, cycling, hiking, kayaking, hill walking, horse riding or fishing.

When you get out in nature you will begin to feel the benefits immediately. Go have some fun.

AFFIRMATIONS

Listen to what you are telling yourself, and if you don't like it, understand that you have the ability to change it. You can tell yourself anything you want. So say some nice things, some lovely things and some excellent things. Tell yourself the exact opposite of what you have been telling yourself. I told myself for years I was useless with technology, particularly computers. Then I understood, it was a barrier I had to smash in order to realise what I wanted. What do you want? That question you must answer. You must know what you want and not let your barriers and fears stop you.

First of all you need to identify your negative beliefs and habits. You need to think about your thinking. What do you think and why do you think what you do?

What rules are you living by that are not even yours? What limited ideas are you entertaining? You need to examine closely your own thoughts. Then change them. In order to do so you must change your perspective and look at things from a different angle.

Affirmations are about doing exactly that. Affirming the positive and in turn draining out the negative.

Some daily affirmations you can use include:

- I am a magnet for positivity and blessings.
- All my problems have solutions.
- I choose to be happy and love myself.
- I look forward to the future, I release the past.
- I am easily and quickly attracting an abundance of health/wealth and happiness.

Use your own imagination and create some affirmations that resonate with you. Have fun.

MAKE SELF-CARE A HABIT

10 point daily self-care checklist

- ☐ REMEMBER YOUR DREAMS
- ☐ BE GRATEFUL
- ☐ FORGIVE/LET GO
- ☐ SET A GOAL (NO MATTER HOW SMALL)
- ☐ DO SOMETHING FOR YOUR FUTURE SELF
- ☐ JOURNAL
- ☐ DEEP BREATHING (IF ONLY FOR A MINUTE)
- ☐ MEDITATE
- ☐ GET OUT IN NATURE
- ☐ AFFIRMATIONS

Just for notes

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Self-care becomes self-love and from there, self-development happens

Today's date is: _____

In my dreams last night...

Today I am grateful for...

Today I forgive...

My goal today is...(no matter how small)

What can I do today for my future self?

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- ☐ BE GRATEFUL
- ☐ FORGIVE/LET GO
- ☐ SET A GOAL (NO MATTER HOW SMALL)
- ☐ DO SOMETHING FOR YOUR FUTURE SELF
- ☐ JOURNAL
- ☐ DEEP BREATHING (IF ONLY FOR A MINUTE)
- ☐ MEDITATE
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