

MY SELF-CARE



WORKBOOK

@AUTHENTICVICTORIES

Welcome!

Hi! I'm Lisa, a Women's Embodiment Coach as well as a Registered Yoga Teacher, Wild Soul Movement facilitator and your guide to finding self love and self care practices that YOU love!

This workbook was created as a guide for you to be able to think, plan, design and scheme your way to a self care practice that honors and works for you!

This is not meant to be a one size fits all proposition. Forget what you think self care is, this is your chance to re write the rules and put a plan in place to take care of yourself. This is not selfish, this is a necessity.

"By failing to plan, you are preparing to fail" -Benjamin Franklin

You deserve to have a personalized and fully customizable self care plan in place so that when life is lifeing, you know you are taken care of.

Lisa Thruston



ABOUT ME

If it was a health or wellness "good habit" you can bet I have tried it. What I kept finding was that self care and self love is not one size fits all.

Through my coaching and my yoga classes I encourage everyone to find out and honor what works best for them. So excited to have you on this journey!

How to use this workbook.

We are going to start by helping you get a feel for what self care can be and then helping you figure out and define for yourself what **YOUR** self care is.

Taking care of yourself does not mean being selfish or indulging yourself. Self-care means taking care of yourself so you can live a healthy, fulfilling life, do your job, help others, and accomplish all that you want to accomplish in a day.

By having a plan in place to take care of yourself (most especially by doing things you enjoy) you can remain physically, mentally, and emotionally healthy for you and your life. It's beneficial in many ways, including better health and well-being.

Self Care isn't just spa days and bubble baths, Self care is about each and every day finding ways to take care of your physical, mental and emotional well being.

This is about creating a solid plan so that you can take care of yourself regardless of what life throws your way!



Let's get started!

STEP ONE

On the following pages you will find a series of journal prompts. Take your time as you go through them. Allow yourself to answer honestly. These are for your eyes only. We are going to use the answers to help you start to design your self care plan.

STEP TWO

This is where we take some of your answers and start to craft your idea of self care. There will be space for you to write out your intentions, brainstorm some self care goals, and put a plan in place to achieve maximum self care!

STEP THREE

This will be where the rubber meets the road. Here you will find blank journal pages that will allow you to keep track of your progress. A way to show yourself that you are honoring and taking care of you. Remember, you deserve daily self care.



JOURNALING PROMPTS

What does self care mean to you?

What makes you feel taken care of?

Self care for me feels like...

JOURNALING PROMPTS

People who practice self care are...

When I practice self care for myself I feel...

Why I don't practice self care is...

Now what...

Now we take your answers above and start to piece together your definition of self care.

We are going to use 3 main categories,

1. Physical Health - movement, food, and any thing else we might use to take care of this skin suit.
2. Mental Health - therapy, meditation, journaling, anything that takes care of your brain.
3. Emotional Health - this is where we take care of the touchy feely part of you. Making sure your emotions are heard, seen and allowed to be felt.

This is a way for you to start to plan and put into place a way to take care of you. The plan is not final. There is no right or wrong answer. You are allowed to change this as many times as you want. Until you start to find a way and a practice that makes you feel well taken care of!

Self-care Plan

GOALS FOR MY MIND

- ▶
- ▶
- ▶
- ▶

GOALS FOR MY BODY

- ▶
- ▶
- ▶
- ▶

GOOD RULES & HABITS I WANT TO LIVE BY

● MIND

Mental health

Mindfulness and self knowledge

Soul

Stimulation and fulfillment

● BODY

Self-care

Basic hygiene and body care

Improvement

Exercise, sleep and food

Self-care Plan

GOALS FOR MY EMOTIONS

- ▶
- ▶
- ▶
- ▶

GOALS FOR MY SPIRIT

- ▶
- ▶
- ▶
- ▶

GOOD RULES & HABITS I WANT TO LIVE BY

● EMOTIONS

Feelings

What feelings do I want more of

Soul

How is my soul being taken care of?

● SPIRITUAL

Higher Power

Am I honoring my needs for connection?

Patience

Practicing stillness and my path



Practicing Self Care

So now we know what we want to do for our self care, but how do we keep track of everything?

The following pages contain a couple different tracking options. I like to be able to see what I've done and what I still want to do. But again, not every planner page works for everyone, so I have provided a couple examples.

Use them as is, or change them up as you see fit. Print them out, or keep them digital, do what works best for you!

I have also included a daily gratitude page. This is a really important aspect of our care of ourselves. It can be easy to not take a moment to see what has gone well, but gratitude and affirmations and reflection are all really important to our overall well being.

SELF CARE PLANNER

DATE: _____

S M T W T F S

THINGS THAT MADE ME HAPPY TODAY

- _____
- _____
- _____

WATER INTAKE



SELF-CARE ACTIVITIES

- _____
- _____
- _____
- _____

TODAY'S MOOD



DAILY NUTRITION

- Breakfast _____
- Lunch _____
- Dinner _____
- Snack _____

HABITS TO START

- _____
- _____
- _____
- _____

HABITS TO STOP

- _____
- _____
- _____
- _____

SELF CARE

CHECKLIST

	M	T	W	T	F	S	S
Did my morning routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Got outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moved my body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk to friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Journal for 15 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take vitamins/medication	<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 read a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did my bedtime routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES

SELF CARE

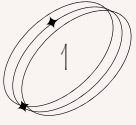
CHECKLIST

M	T	W	T	F	S	S
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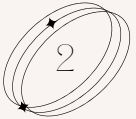
NOTES

Date:

DAILY REFLECTION



How did I feel today?

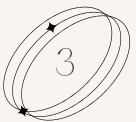


Three great things that happened today:

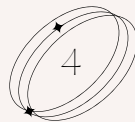
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◆

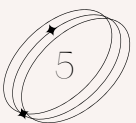
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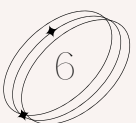
Challenges of the day:



Achievements of the day:



I am grateful for:



What can I do to make tomorrow better than today?

GRATITUDE JOURNAL

DATE: _____

(S) (M) (T) (W) (T) (F) (S)

TODAY I'M GRATEFUL FOR:

-
-
-

TODAY'S AFFIRMATION(S):

-
-
-
-

SOMETHING I'M PROUD OF:

-
-
-
-

WATER INTAKE



TOMORROW I LOOK FORWARD TO:

-
-
-
-

NOTES/ REMINDERS:

SO THAT'S IT!

I hope now you feel like you have taken charge of your self care routine and see the importance of taking care of yourself.

If you want more help or guidance or just a fun community to encourage you, then I would love to welcome you to my exclusive online yoga and self love community:

Movement 4 Me!

Movement 4 Me is for anyone who wants to move their body more but they also want to do in a space that is welcoming, free from diet talk, and is open to anyone and everyone regardless of their yoga experience.

Live classes, recorded classes, yoga, meditation and more!
Hit the button below to explore Movement 4 Me!

I look forward to seeing you in class soon!

[CHECK OUT MOVEMENT 4 ME!](#)



To see if we might be a fit to work together 1 on 1, whether that's with private yoga, or private self love/self care coaching, Let's chat!

Click [HERE](#) to set up a free 30 min consultation.