

Exploring Self-Care

Journaling questions to help you explore what self-care can bring into your life – then actually incorporate it into your life.

1

What would your life look like if you were attuned and responsive to your needs?

2

How would it feel to put yourself first and make your self-renewal a priority?

3

How might your family relationships change if you regularly took time for self-care?"

4

Which area of self-care (physical, mental, emotional or spiritual) do you feel most called to focus on right now?

5

What concrete steps can you take this month to make self-care a priority in that area?

Keep in mind that building anything is about taking small steps. So simply take self-care one step, one journal question, one activity, at a time.

Do you need reminding that yes, you deserve self-care, and no, you don't need to earn it? Read this list. When you practice self-care:

- You feel more generous and are able to avoid building resentments toward others who demand your energy and time.
- You validate and honor your own worth, enhancing your confidence and self-esteem.
- You feel alive and whole, so you can function optimally and do all the things you want to do.
- You renew and restore your energy—and create energy reserves—so you can weather unforeseen challenges more easily.
- You feel more loving and gentle toward yourself, which helps you be more present and calm and to respond wisely, intuitively, and effectively in any circumstance.
- You own your personal power and begin to realize your potential; the more self-accepting you become, the more self-assured you are.
- You feel more loving and playful, which makes you a better friend, partner, and parent—and more fun to be around!
- You experience heightened well-being and vitality.

Write down the benefits that resonate with you. (You might also want to write them on a small index card to keep it in your wallet, or as notes in your phone, and refer to it regularly.)

Self-care is essential to your health and well-being. At first making it a priority might be difficult. You might wonder if you really deserve it. You might wonder if you need to earn it first.

Self-care isn't selfish. It isn't a luxury or an indulgence. Think of yourself as a plant, and self-care as the water that provides you with nourishment, helps you stay healthy and helps you grow and flourish.