

# me 1st!

OWN YOUR POWER!

Right on Time for Back  
to School Season:

The Self-Care Edition  
Printable Affirmations  
& Self Care Exercises

*Loving* Me 1st  
online zine

OUR ON-CAMPUS PROGRAM GETS A NEW OUTLET  
WELCOME TO THE ZINE DESIGNED TO EMPOWER AND SUPPORT GIRLS AND  
YOUNG LADIES AGED 12 TO 18 ON THEIR JOURNEY TOWARD PERSONAL  
GROWTH, SELF-DISCOVERY, AND SUCCESS



## Editor's Note

This magazine is a simple offering, designed to offer our mentees in our local community, and girls and young ladies outside of our community a new avenue to grow into themselves, with a sense of confidence and empowerment.

Loving Me 1st is a non-profit that offers on-campus mentorship club for girls ages 12 to 18, community youth events, resource drives and more. While Loving Me 1st programming is not available in every single school in our city, we offer Girl's Corner, and Me 1st Zine as a support to the girls and young ladies that want or need some extra support.

We all went to school to learn subjects- algebra,

geography, history, biology, etc., but there are not many classes available to help us learn how to move through life, how to develop confidence, or how to understand and reach our fullest potential.

Many of the women in our communities (and maybe in our lives) have had to fight alone, uniquely unprepared to deal with the problems they've faced, and sometimes not understanding the power we have in who we intrinsically are.

Know that by picking up this zine, you are not alone. You are stronger, more capable, and more worthy than you think.

*Loving Me 1st*  
**LOVING ME 1ST**



# Unleashing Your Personal Development Potential

Personal development is like a lifelong adventure, and the best part is that it's never too early to start. In this article, we'll explore why personal growth is crucial and provide practical strategies to kick-start your journey. Whether you're looking to boost self-confidence or improve your communication skills, we've got you covered.

**WHY PERSONAL DEVELOPMENT MATTERS:**

Personal development isn't just about achieving goals; it's about becoming the best version of yourself. It can boost your self-esteem, open doors to new opportunities, and help you navigate life's challenges with grace.

**SETTING THE FOUNDATION:**

Begin your personal development journey by setting clear goals. What do you want to improve or achieve? Whether it's excelling in school, building healthier relationships, or finding your passion, having a goal in mind will keep you motivated.

**PRACTICAL STRATEGIES**

From reading self-help books to seeking guidance from mentors and practicing self-reflection, there are many ways to foster personal growth. Break your goals into smaller, manageable steps, and celebrate your achievements along the way.

With dedication and a growth mindset, you can unleash your personal development potential and watch yourself flourish.



## Harnessing Your Inner Strength: A Guide for Girls

Life is an adventure full of challenges, but it's your inner strength that will help you overcome them. In this article, we'll explore the concept of inner strength, what it means, and how to cultivate it. By the end, you'll be better equipped to face life's hurdles with confidence and determination.

**What Is Inner Strength?** Inner strength is your emotional and mental resilience. It's the ability to bounce back from setbacks, stay positive in tough times, and believe in yourself, even when faced with adversity.

**Cultivating Resilience:** Life isn't always smooth sailing, but resilience allows you to weather the storms. Practice resilience by reframing challenges as opportunities for growth and learning. Remember that setbacks are just temporary roadblocks on your journey.

**The Power of Self-Belief:** Your thoughts are powerful. Cultivate self-belief by replacing self-doubt with affirmations of your worth and abilities. Surround yourself with positive influences who uplift and support you.

**Adopting a Growth Mindset:** Embrace the idea that you can improve through effort and dedication. A growth mindset empowers you to see failures as stepping stones to success.

Harnessing your inner strength is like building a muscle—it takes time and practice. But with patience and determination, you'll find yourself more capable and resilient than ever before.

A close-up photograph of a butterfly with vibrant orange wings, black markings, and white spots, perched on a pink flower. The butterfly's wings are spread, and it is positioned in the center of the frame. The background is a soft, out-of-focus green, suggesting a natural outdoor setting. The text is overlaid on the butterfly's wings in a white, serif font.

“We delight in the  
beauty of the  
butterfly, but rarely  
admit the changes it  
has gone through to  
achieve that  
beauty.”

• MAYA ANGELOU



## Embracing Your Shadows: A Journey to Self-Discovery

We all have parts of ourselves that we might not fully understand or accept. These hidden aspects are often referred to as our "shadows." But what if we told you that embracing these shadows could lead to greater self-awareness and inner strength? In this article, we'll embark on a journey of self-discovery through the practice of shadow work.

**What Are Shadows?** Our shadows represent the parts of ourselves we keep hidden, often out of fear or shame. They can be our insecurities, doubts, or past experiences. However, these hidden aspects hold immense potential for personal growth.

**The Power of Shadow Work:** Shadow work involves acknowledging and exploring these hidden aspects. It's not always easy, but it's incredibly rewarding. By shining a light on your shadows, you can heal old wounds, boost self-esteem, and unlock your full potential.

**Practical Tips:** Start by journaling or talking with a trusted friend or mentor about your feelings and experiences. Self-reflection is key. Ask yourself why you feel a certain way or react in a particular manner in certain situations.

Remember, embracing your shadows is a brave and transformative journey. It's about self-acceptance, growth, and becoming a stronger, more resilient version of yourself.

If you'd like to try shadow work journaling, check out the journal prompts on the next page.



# Self-Discovery through Embracing Shadows: Journal Prompts

## ***Exploring Your Shadows:***

Take a moment to reflect on aspects of yourself that you may have kept hidden. What are some insecurities, doubts, or past experiences that you've never fully confronted or accepted? Write them down in your journal. Don't worry about judgment; this is a safe space for self-exploration.

## ***The Power of Acceptance:***

Think about a shadow or hidden aspect that you've acknowledged recently. How did it feel to shine a light on it and bring it into your awareness? Describe the emotions and thoughts you experienced during this process. Did it bring you a sense of relief or empowerment? Write about your journey toward self-acceptance and growth.

## ***Embracing Growth:***

Reflect on a situation in which you reacted differently because you had started to embrace one of your insecurities, doubts, or past difficulties. How did this change in your reaction affect the outcome? What did you learn about yourself through this experience? Journal about the ways in which embracing your shadows can lead to personal growth and inner strength.

These journaling prompts are designed to encourage self-reflection, self-acceptance, and personal growth. Journaling can be a powerful tool for girls to explore their shadows and unlock their full potential.



# Self Love

## AFFIRMATIONS



I am strong, capable, confident and comfortable in my own skin

I love and accept myself as I am, and I am grateful for who I'm becoming

I am enough. I matter!

I welcome opportunities to learn and grow

I love that my talents bring me success and joy

I can achieve anything that I set my heart on, and work towards

I am worthy and I deserve all that is good

I embrace my insecurities, because I know that they are a part of who I am

I am beautiful, confident and loved

I am loved, lovable, and loving.

I own my own life, and I am free to make my own choices

I am valuable and deserve happiness

I feel confident using my voice and being bold

I am in control of my destiny



*Loving* Me 1st  
SELF CARE  
WORKBOOK

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# INTRODUCTION

Self-care refers to individuals' actions to maintain their physical, mental, and emotional health. It includes many activities, such as getting enough sleep, eating a healthy diet, exercising regularly, managing stress, and finding time to relax and enjoy hobbies and activities that bring joy and fulfillment. Self-care is essential because it helps people maintain balance and well-being and cope with daily demands and challenges. It is a proactive approach to taking care of oneself rather than simply reacting to problems as they arise. Self-care is essential for several reasons:

**Physical health:** Taking care of your physical health through self-care practices such as exercise, sleep, and nutrition can help you to feel your best and maintain your overall health and well-being.

**Mental health:** Engaging in self-care practices such as meditation, mindfulness, and stress management can help you to maintain good mental health and reduce your risk of developing mental health problems such as anxiety and depression.



# ASSESSING YOURSELF

## Physical Self Care

	Y	N
Got Enough Sleep	<input type="radio"/>	<input type="radio"/>
Eat healthy	<input type="radio"/>	<input type="radio"/>
Balanced Diet	<input type="radio"/>	<input type="radio"/>
Get Regular Exercise	<input type="radio"/>	<input type="radio"/>
See a Healthcare Provider when needed	<input type="radio"/>	<input type="radio"/>

NOTE:

## Mental Self Care

	Y	N
Take time to relax	<input type="radio"/>	<input type="radio"/>
Joy and Fulfillment in activities	<input type="radio"/>	<input type="radio"/>
Support System	<input type="radio"/>	<input type="radio"/>
Practice Mindfulness	<input type="radio"/>	<input type="radio"/>
Stay present in the moment	<input type="radio"/>	<input type="radio"/>

NOTE:

## Social Self Care

	Y	N
Strong and Supportive Relationship with friends and family	<input type="radio"/>	<input type="radio"/>
Make time for social activity	<input type="radio"/>	<input type="radio"/>
Set Boundaries	<input type="radio"/>	<input type="radio"/>
Say no when necessary	<input type="radio"/>	<input type="radio"/>

NOTE:

## Spiritual Self Care

	Y	N
Have a sense of purpose and meaning in your life	<input type="radio"/>	<input type="radio"/>
Practice self-reflection and mindfulness	<input type="radio"/>	<input type="radio"/>
Have a sense of connection to something larger than yourself	<input type="radio"/>	<input type="radio"/>

NOTE:

# SELF-CARE STRATEGIES

It's harder to plan when you're overwhelmed or in a crisis. However, planning for challenges before they happen gives you insight into the best and most sustainable options for you to recharge and recharge your batteries. Also, each day, proactively taking care of yourself in small ways helps you be better prepared for challenges or unforeseen circumstances.

THINGS I CAN DO EACH DAY  
THAT WILL MAKE ME FEEL GOOD  
ABOUT MYSELF

WHAT I SHOULD SAY TO MYSELF  
WHEN I AM HAVING A DIFFICULT  
TIME

WHAT I SHOULD AVOID DOING  
WHEN I AM HAVING A HARD DAY

WHAT I CAN DO (THAT IS GOOD  
FOR ME) WHEN I FEEL  
OVERWHELMED OR UPSET



# SELF-CARE IN PRACTICE

Effective stress management can be incorporated into your daily and weekly routines. Research has shown that the following can affect your health and well-being: Relaxation Skills, Food Choices, Physical Activity, and Spirituality/Connection. Write down options that seem right for you, your values, priorities, resources, and lifestyle.

RELAXATION PRACTICE

DIFFICULT FOR ME

FOOD CHOICES

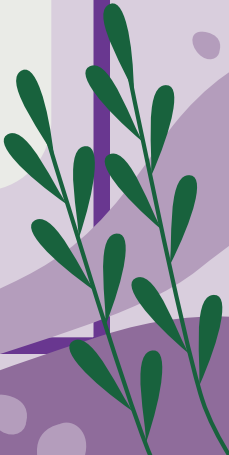
DIFFICULT FOR ME

PHYSICAL ACTIVITY

DIFFICULT FOR ME

CONNECTION/SPIRITUALITY

DIFFICULT FOR ME



# SEEKING SUPPORT

Seeking support when you're feeling overwhelmed or struggling with your mental or emotional well-being is essential. There are many different ways to find help, including:

1. **Talk to a loved one:** Sharing your feelings with a trusted friend or family can be a great way to find support. They can listen, offer advice, and be there for you when you need someone to talk to.
2. **See a therapist:** A therapist can help you work through your emotions and challenges in a safe and supportive environment. You can find therapists in your area by searching online directories or through your insurance provider.
3. **Join a support group:** Support groups are a great way to connect with others who are going through similar experiences. You can find support groups in your area by searching online or through local organizations.
4. **Reach out to a helpline:** Many helplines available can provide support and resources if you're feeling overwhelmed or struggling with your mental health.

Remember, it's okay to ask for help when you need it. Seeking support is a sign of strength and can be essential in taking care of yourself.



# CONCLUSION

Self-care is an integral part of maintaining your overall well-being. It involves taking care of your physical, mental, and emotional needs and finding ways to relax and unwind. There are many different self-care strategies that you can use, such as getting enough sleep, exercising regularly, practicing mindfulness, and engaging in activities that bring you joy. It's also essential to seek support, whether talking to a loved one, seeing a therapist, or joining a support group. By regularly incorporating self-care into your routine and seeking support when needed, you can help to maintain your overall well-being and feel more balanced and fulfilled.





# TAKE TIME for your SELF

*Get in touch*



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