



THE REIKI SELF-CARE WORKBOOK

*USING REIKI TO HEAL
YOURSELF*



WRITTEN BY LEXI VERANO



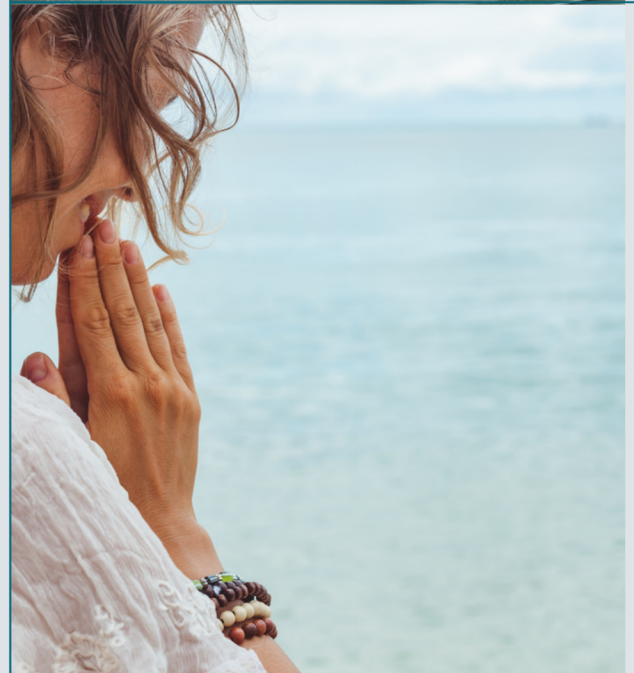
WHY REIKI FOR SELF CARE?

Reiki is a powerful yet simple practice that can be easily incorporated into your daily self-care routine. The beauty of Reiki lies in its simplicity, as it requires no special equipment or skills to use effectively. By simply placing your hands on or near your body, you can tap into the universal life force energy and direct it to promote healing and relaxation. Think of it as sending love and healing to yourself. This makes Reiki an accessible and user-friendly tool for anyone looking to improve their overall well-being.

One of the ways that Reiki can be a powerful tool for self-care is by helping you make positive changes in your life. By opening yourself up to the flow of energy and intention, you can release negative patterns and blockages that may be holding you back. Whether you are looking to improve your physical health, emotional well-being, or spiritual growth, Reiki can support you on your journey towards a more balanced and fulfilling life.

Incorporating Reiki into your daily routine can also encourage you to stop and focus on yourself, your hopes, dreams, and goals. In our fast-paced and busy world, it can be easy to neglect our own needs and desires in favour of keeping up with the demands of daily life. Reiki provides a gentle reminder to take time for yourself, to connect with your inner wisdom, and to nourish your mind, body, and spirit. By making self-care a priority, you can cultivate more self-love and compassion, as well as develop healthy habits that support your overall well-being.

In this workbook you will find several worksheets that will help you pause and reflect on yourself. Please don't feel pressured to complete every single one of them. I have just provided them as a guideline to get you started. Have fun with them and be in peace.



THE 3 STEP

PROCESS TO REIKI

AND YES, IT'S REALLY THAT SIMPLE

STEP ONE

Find a quiet and comfortable place. This could be a meditation room, bedroom, or any other peaceful space where you can relax and focus on your self-care. You may also want to incorporate soothing music, candles, or essential oils to enhance the experience.

STEP TWO

Begin by sitting or lying down in a comfortable position and taking a few deep breaths to centre yourself. Place your hands on your body in various positions, such as on your heart, forehead, or stomach. Focus on sending positive intentions and love to yourself as you practice Reiki.

STEP THREE

Practice self-Reiki for at least 20-30 minutes. Allow yourself to fully surrender to the healing energy and let go of any stress, tension, or negative emotions. Trust in the power of Reiki to balance and harmonize your mind, body, and spirit, leaving you feeling renewed and rejuvenated. After the session, take a moment to reflect on your experience and journal any insights or feelings that arise.



FILLABLE

CHECKLIST

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT.

MORNING SELF-CARE

<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"/>	_____

NIGHT SELF-CARE

<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"/>	_____



WHAT DOES REIKI

LOOK LIKE?

BEFORE YOU GET TOO EXCITED AND INTO THIS WORKBOOK LET'S PAUSE FOR A MOMENT. KNOW THERE IS NO WRONG WAY TO GIVE YOURSELF REIKI. WE ARE **NOT** TALKING ABOUT CERTIFIED PROFESSIONAL REIKI TRAINING HERE. THIS IS JUST BASIC SELF LOVE AND STOPPING TO SEND YOURSELF SOME HEALING. MAKE YOURSELF A PRIORITY AND SEND YOURSELF SOME HEALING TODAY.

You could give yourself reiki:

outside

in the living room

in your bedroom

in your yoga studio

a quiet place at work

even in the shower!

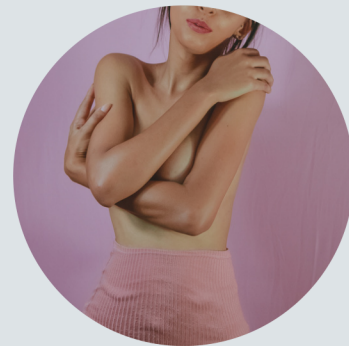


Just focus on sending
love and healing to
yourself





I encourage and support you to explore different hand positions and different ways to send healing to yourself. Try not to forget any of your beautiful body parts.



SELF-CARE

INTENTIONS

DAILY AFFIRMATIONS

TODAY I AM GRATEFUL FOR

TODAY'S TOP SELF CARE GOALS

01

02

03

SCHEDULE

WATER



SLEEP



MOOD



NOTES



CHECKLIST

MAKE YOUR WAY THROUGH EACH SECTION, AND TICK THE CHECKBOX FOR EACH STATEMENT ONCE THE TASK HAS BEEN COMPLETED. THE POINT IS TO ENCOURAGE YOU TO LOOK AFTER YOUR MIND, BODY AND SOUL.

SECTION ONE

- I GAVE MYSELF REIKI
- I MEDITATED OR PRAYED
- I THOUGHT ABOUT ALL THE THINGS I AM GRATEFUL FOR
- I PAUSED AND TOOK A DEEP BREATH
- I WORKED ON THIS WORKBOOK 😊

SECTION TWO

- I HAD 8 GLASSES OF WATER
- I DID NOT DRINK ANY ALCOHOL
- I CAN SAY I ATE HEALTHY, HOWEVER THAT LOOKS FOR ME
- I MOVED MY BODY
- I WENT FOR A WALK IN NATURE

SECTION THREE

- I SPOKE WITH A FRIEND
- I WENT OUT WITH A FRIEND
- I CHECKED IN ON A FRIEND
- I CONFIDED IN A FRIEND
- I LAUGHED WITH A FRIEND

SECTION FOUR

- I READ A GOOD ARTICLE OR BOOK
- I DID A PUZZLE, WORDSEARCH OR SODUKU
- I WATCHED A FUNNY SHOW OR MOVIE
- I HAD A GOOD LAUGH
- I TOOK A RELAXING SHOWER OR BATH



SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

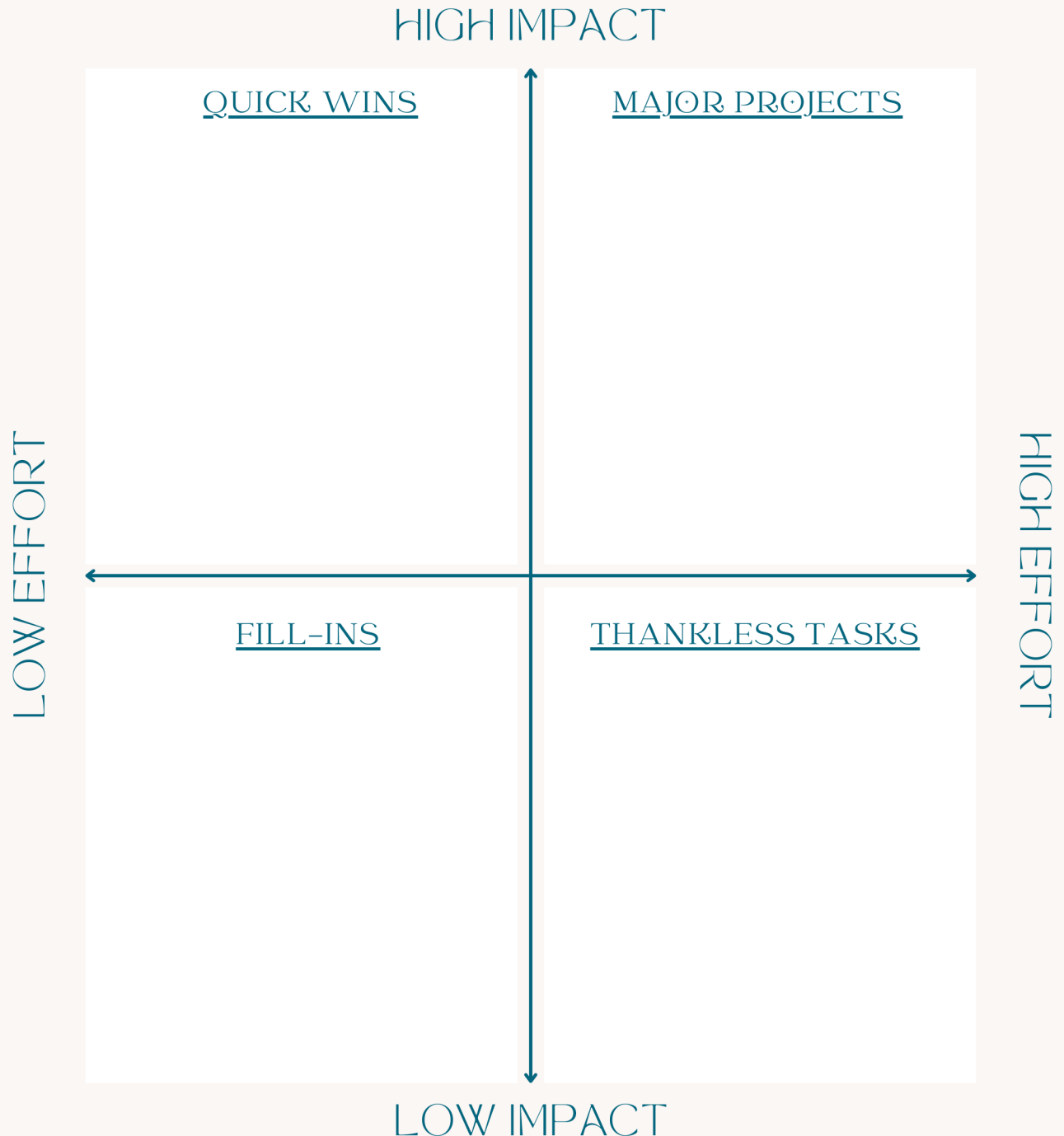
S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



ACTION PRIORITY

MATRIX

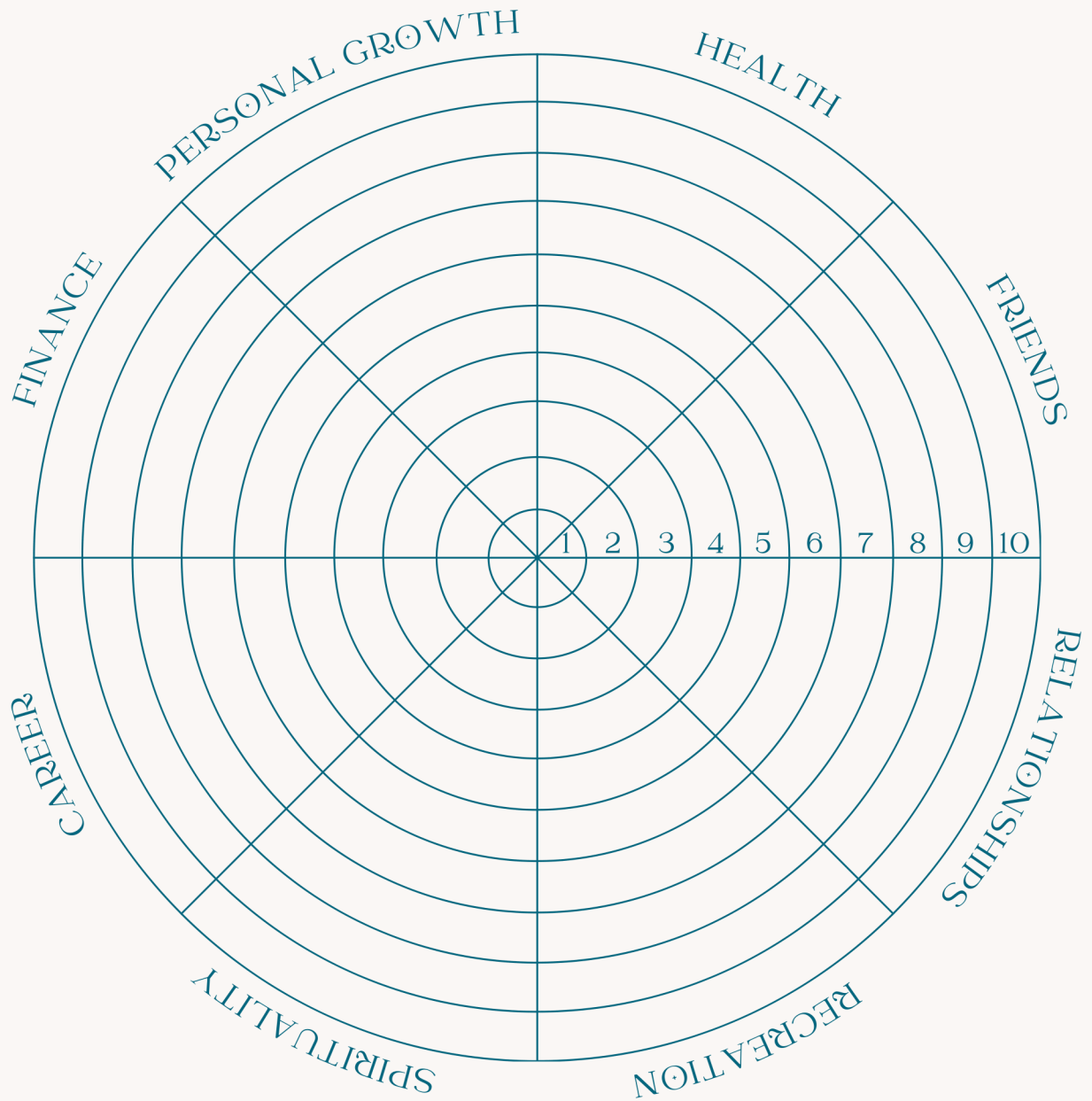
THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALISE WHAT SELF CARE TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM. REMEMBER THE FOCUS HERE IS SELF CARE. DON'T TAKE ON TOO MANY STRESSFUL PROJECTS



WHEEL OF

LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



7 DAY

HABIT TRACKER

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: _____

HABIT / SELF-CARE STEP

	(S)	(M)	(T)	(W)	(T)	(F)	(S)
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION NOTES



LIFE GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT IM DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			



WEEKLY GOALS

TRACKER

WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			<input type="checkbox"/>
TUE			<input type="checkbox"/>
WED			<input type="checkbox"/>
THU			<input type="checkbox"/>
FRI			<input type="checkbox"/>
SAT			<input type="checkbox"/>
SUN			<input type="checkbox"/>



UNDERSTANDING

GOALS

ACHIEVING OUR SELF CARE GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION. USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?

