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(book release summer 2020)**

Self-Care Journaling Prompts

Self-Love Series

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A circular logo with a grey background and a pink brushstroke effect. The name "Kelly Bramblett" is written in a cursive font across the pink stroke.

Kelly Bramblett

Hello,

Self-care is one of my favorite ways to honor myself and one of the most important things each of us must do. Please take a moment to check out the blog on my website for inspiration. Just remember self-care doesn't have to be drawn out or time-consuming. I know and understand how busy life can be. Taking 10 seconds to connect to your breathing and speaking a few affirmations can totally reset your day and instantly raise your vibration. Self-care is simply taking time to feel good so you can be of the greatest service to this world. Please always know and believe you are deserving of the time you take for yourself. Never feel guilty for filling your own cup!

SELF-CARE JOURNALING PROMPTS

1. How much time do you take for self-care on average per week? _____

2. Are you making space to care for yourself in some way every day? How? _____

3. What are some ways you can add more self-care to your daily routine? _____

Pro tip: Waking up a little bit earlier to incorporate gratitude journaling into your morning routine is a great way to honor yourself. Starting your day in a space of gratitude sets the tone for a day full of pleasant and joyful experiences. If you don't do this already, commit to writing 5 things in your journal every morning you are grateful for and observe the shift it creates throughout your week.

4. What daily activities do I carry out that I can put intention towards and ritualize in order to honor myself? _____

Pro tip: My personal favorite is my daily shower. I use that time to affirm, set my intentions for the day, sing, or listen to podcasts that motivate me. I also use visualization to cleanse my energy. Part of the fun is discovering different ways to turn mundane tasks into sacred a ritual.

5. When I think about taking time for myself what feelings of resistance show up? Are there feelings of guilt or unworthiness? _____

Pro tip: Take time to identify whatever feelings you may have and explore each one by asking yourself why you feel that emotion. Once you have identified why you associate these negative feelings with taking time for yourself read over those reasons one by one. Acknowledge and affirm that these negative feelings are no serving your highest good. Take time to release these feelings and replace them with the understanding that you must take care of yourself before you can take care of anyone or anything else. Use the space below for this.

6. What are my favorite ways to pamper myself? How can I make time to do these things on a regular basis? _____

Pro tip: Make sure you are including time for self-care when you are making the schedule for the week. Don't be afraid to ask for help in making time for yourself if needed. Make arrangements as needed to prioritize your self-care practices.

7. In what ways do I practice spiritual self-care? Am I taking the time every day to connect to Source? How can I be more consistent in my spiritual practices? _____

Pro tip: If feelings of guilt show up for you as you begin to prioritize yourself affirm this, I AM WORTHY OF THE TIME I PUT ASIDE TO TAKE CARE OF MYSELF It is your right to live a life of joy! Your joy becomes someone else's joy and it raises the universal vibration for the highest good of all.