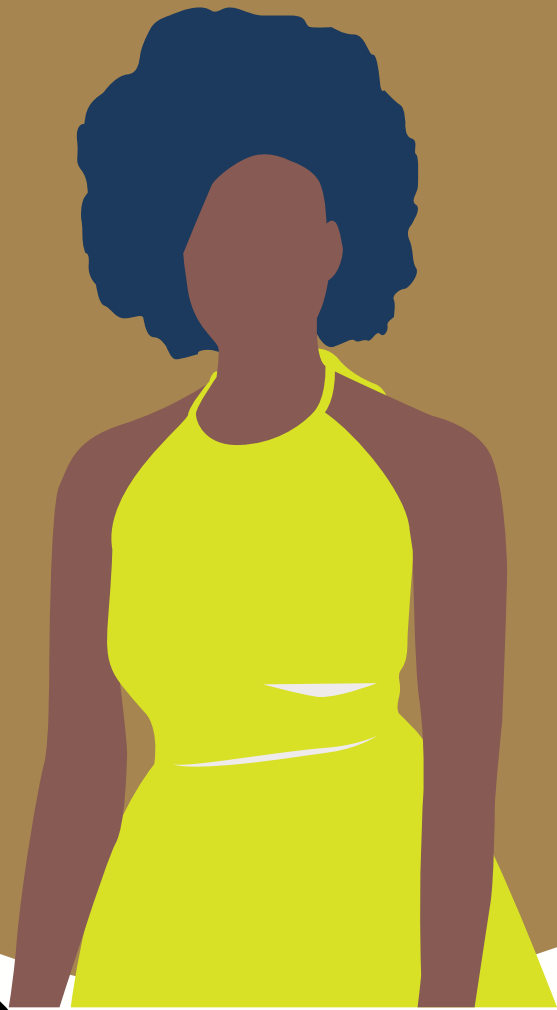


Peace On Purpose
presents



Self Care

quick guide

This ebook is space to commit to your self-care routine with intention and dedication—helping you develop positive thinking, overcome challenging and stressful experiences and negative emotions, and cultivate a general sense of well-being and a healthy lifestyle

MEET THE
THERAPIST



SAMIYYAH SABUR

Licensed Professional Counselor

Hello

I'm a licensed TX Therapist with a specialty in working with youth and adults on strategies to implement healthy boundaries, self-care, and navigate mood disorders. As a trained Therapist, my goal is to help you discover internal peace. I look forward to joining you on your journey of healing and growth. My hope is that this ebook supports your journey to a better you and becoming self full!

Samiyyah Sabur

An illustration of a person with dark, curly hair, wearing sunglasses and a bright yellow top. The person is shown from the chest up, looking slightly to the right. The background is a solid light blue color. Three horizontal brown bars are overlaid on the image, containing text.

"SELFCARE MEANS

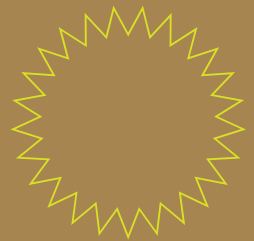
GIVING YOURSELF

PERMISSION TO PAUSE"

- CECILIA TRAN

self-care checklist.

- DRINK WATER FIRST THING IN THE A.M.
- WRITE 3 GRATITUDE STATEMENTS
- PLAN A DINNER MENU
- MOVE FOR AT LEAST 30 MINUTES A DAY.
- LISTEN TO GOOD MUSIC.
- STRETCH YOUR BODY
- READ A BOOK.
- TRY SOMETHING NEW.
- LIGHT A CANDLE OR OIL DIFFUSER



Peace on Purpose

Self-care Love language

PHYSICAL TOUCH

- **PHYSICAL MASSAGE**
- **SOFT BLANKET**
- **BODY MOVEMENT**
- **LONG SHOWER'S**
- **SKIN CARE**

Things that make your body feel good.

ACTS OF SERVICE

- **THERAPY**
- **DELEGATING**
- **CLEANING**
- **PLANNERS**
- **ORGANIZE**

Doing things that make your life easier

RECEIVING GIFTS

- **GOING ON VACATION/
STAYCATION**
- **CRAFT SUPPLIES**
- **GOING OUT**
- **INVESTING IN YOURSELF**
- **GO SHOPPING**

Spending money on things that bring joy

WORDS OF AFFIRMATION

- **POSITIVE SELF-TALK**
- **SELF IMPROVEMENT**
- **JOURNALING**
- **DAILY AFFIRMATIONS**
- **LISTING STRENGTHS**

Giving yourself pep talks

QUALITY TIME

- **MEDIATION**
- **TAKING YOUR SELF ON A DATE**
- **RELAXING**
- **READING**

Spending time alone, hobbies and doing things you love.



AREAS OF AWARENESS

MY STRENGTHS

ex: Smart, witty, patient

THINGS GOING WELL

ex: relationship with boyfriend

AREAS IN MY LIFE I COULD IMPROVE

ex: learning to say "no" without guilt

NOTES

Self-Care Tracker

Week 1 Week 2 Week 3 Week 4

Practiced gratitude



Set healthy boundaries



Met water intake goal



Met exercise goal



Practiced Positive Affirmations



Do's and don'ts in self-affirmation

Do's

- Knowing what's good, bad and in the between.
- Understanding that we can be selfish sometimes.

- Not appreciating the things that you do on your own.
- Letting negative thoughts wander for days.

Don'ts



Daily Affirmations

LETS MAKE IT HAPPEN!

EXAMPLE : "I AM
RESPONSIBLE FOR
CREATING MY
HAPPINESS"

5 DAY CHECK-IN

DAY 1 | MON

DAY 2 | TUE

DAY 3 | WED

DAY 4 | THU

DAY 5 | FRI

Lets Stay Connected



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