

# Self Care



*Daily Journal*

# Self Care *Daily Journal*

Welcome!



I'm Lindsay. I have dedicated decades of my life on personal growth Now, my desire is to help support you on your journey; healing, growth, enlightenment. Whatever that may be.

My journey started over 22 years ago, it wasn't my lowest point; that had yet to come but back then I had this burning desire to find out 'why me', 'how come', 'why not' - more importantly 'what if'.

Which has lead me here.  
My development journey, the understanding, the hindsight's, the insight, the experiences all started with getting to know myself a little better, a little deeper and in doing so learning to love myself 'warts and all' a little more each day.

Your journey - starts and ends with you.

I hope this guide at least starts to open a door or lights up a pathway for you.

*-With Love Lindsay*

# Self Care *Daily Journal*

## What is Self Care?

Self-care is the process of taking care of oneself with behaviors, habits, and daily rituals that promote one's overall well-being and mental, emotional, and physical health.

These types of practices are so critically important for your self esteem, resiliency, and quality of life. Self care can be as simple as taking 10 minutes to read a new book or as extravagant as a five-star spa day.

The important thing is it makes you feel good. It is a chance for your to take the time to prioritize and show some love and gratitude for yourself.



## Why Does This Work?

When we take a few moments to reflect on our day and get intentional about how we love and care for ourselves, we have the power to change our lives. And by doing this practice daily we then form a habit.

Lives can change in a moment, but often change and growth come from the small practices we build upon daily. That is the power of this practice and why it works.

# Self Care *Daily Journal*

## How To Use This Journal

This practice is best done at the end of each day before bed. You can easily start incorporating it into your nightly routine. It can become the thing you do each night after you unplug, brush your teeth, and are ready to go to bed.

I recommend printing out this journal and keeping it on your nightstand for the best results. If you have trouble remembering to write in your journal, you can also attach it to another habit, like flossing your teeth, or plugging in your cellphone for the night.

The best practice is to maintain your journal for at least 90 days before you pass any judgment. Typically people start experiencing the beneficial effects of journaling almost immediately. If this isn't your experience don't give up! I am so excited for the positive effects this is sure to have on your life!

# Self Care *Daily Journal*

Date :

S M T W T F S

Daily Affirmation

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I love myself today because

I forgive myself today for

Tomorrow for self-care I will

Three things I am grateful for today are:

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Daily Reflection:

Goals & Intentions:

# Self Care *Daily Journal*

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I love myself today because

I forgive myself today for

Tomorrow for self-care I will

Three things I am grateful for today are:

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Daily Reflection:

Goals & Intentions:

# Self Care *Daily Journal*

Date :

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Daily Affirmation

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Daily Reflection:

Goals & Intentions:

Talk to  
yourself  
like you  
would to  
someone  
you love.

*-Lindsay Paton*

ARE YOU READY  
TO TRANSFORM?

SCHEDULE A CALL



[www.liforceenergies.com](http://www.liforceenergies.com)