



ALCHEMYOFHEART.CA

FREE WORKBOOK

THE SELF-CARE WORKBOOK

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INTRODUCTION

Welcome to your free self-care routine guide! I'm excited that you've taken the first step to making self-care a priority in your life - that's often the hardest step of them all.

In this guide, you're going to learn:

- What self-care is and what's it's not
- Why you need self-care in your life - and what happens when you don't prioritize it
- What self-care actually looks like (beyond the bubble baths)
- How to find self-care activities that work for you
- How to create your own flexible self-care routine



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WHAT IS SELF CARE?

Before we get started, let's start off with a quick and simple definition of self care

Self Care:

activities, practices, and habits you engage in on a regular basis to reduce stress and enhance your well-being

I'd like to direct your attention to the word **regular** here. Self-care is something you make time for in your daily schedule, rather than something you do once in a while.

Though self-care is often portrayed as bubble baths and face masks, it goes a lot deeper than that. Those things are good for soothing yourself after a long day, but true self-care involves a lifelong commitment to your health and well-being.

Ultimately, self-care is about finding something that you can do regularly to help you nurture and **connect with yourself**, away from the pressure of your to-do list.



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WHY DO I NEED SELF CARE?

Self-care is essential for reducing stress, overwhelm, and burnout.
Burnout = a product of continual daily stress.

This can be stress from having too much on your plate, or it can happen when you feel forced to put energy into work that doesn't fulfill you.

Many of us feel completely burned out from our jobs and the responsibilities that come with being an adult (oh, so fun). Even if you're self-employed or doing work you enjoy, you can still burn yourself out.

A study by McKinsey found that many millennial women are experiencing job burnout before they even turn 30. The more you prioritize self-care and focus on what you need to thrive in your own life, the less likely you are to burn out.



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WHAT DOES SELF CARE LOOK LIKE?

On a daily basis, self care involves daily habits, activities, practices you choose for your mental, physical and spiritual health

Your physical, mental, and spiritual health are deeply connected and work together to create harmony or discontent in your life.

To keep these areas balanced on a regular basis, you can focus on doing these types of things daily:

- MIND: Something that calms/inspires your mind (e.g. meditation, visualization, writing affirmations)
- BODY: Something that nourishes your body (e.g. walk, stretching, yoga, workout)
- SOUL: Something that helps you connect to your soul or the world around you (e.g. creative projects, listening to a podcast, community service)

When you make time for your mind, body, and soul on a daily basis, you can easily create a simple self-care routine.



SELF CARE FOR YOU

It's important to note that there are so many different ways to take care of yourself. While certain practices may work for others, you may find that they don't work for you. This guide is here to help you figure out what DOES work for you.

M

Mind

- Meditation
- Breathwork
- Mindfulness
- Walk in nature
- Talk therapy
- Guided writing practice
- Positive affirmations

B

Body

- Yoga
- Breathwork
- Walking
- Playing a sport
- Taking an epsom bath
- Eating nourishing meal

S

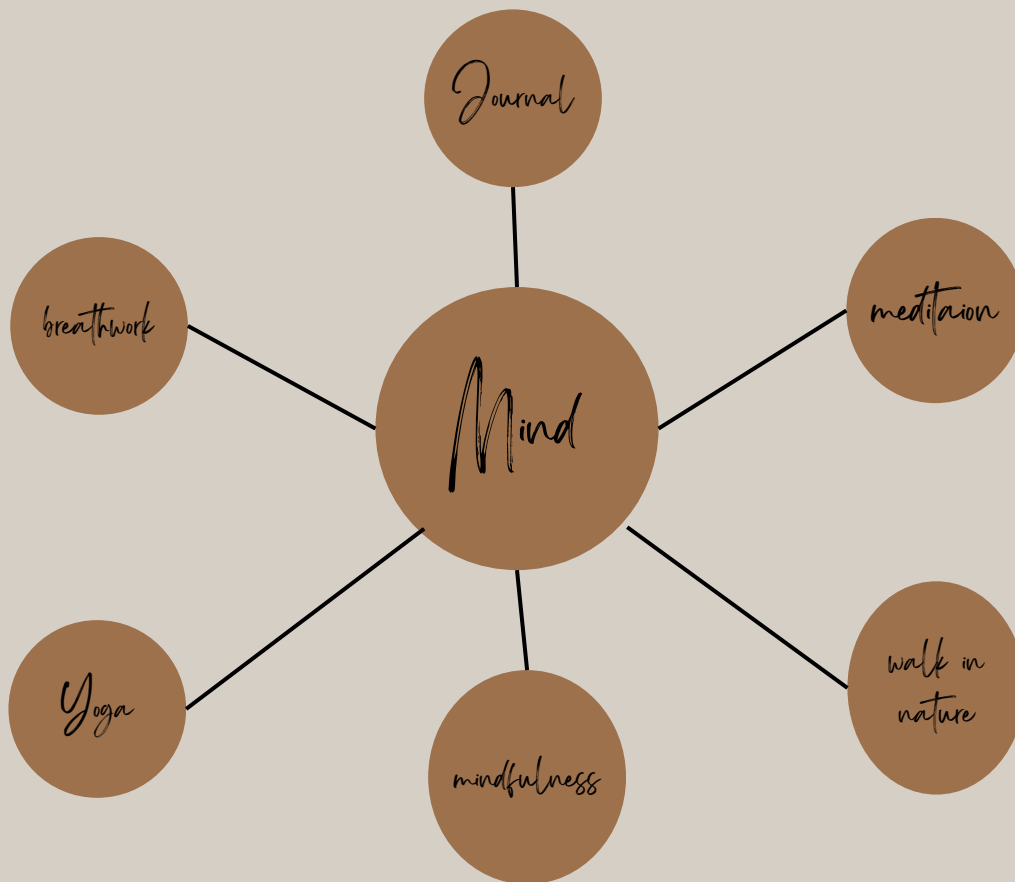
Soul

- Meditation
- Breathwork
- Listening to music
- painting / drawing
- bhakti practices
- walk in nature
- Selfless service
- Community service
- Gratitude practices



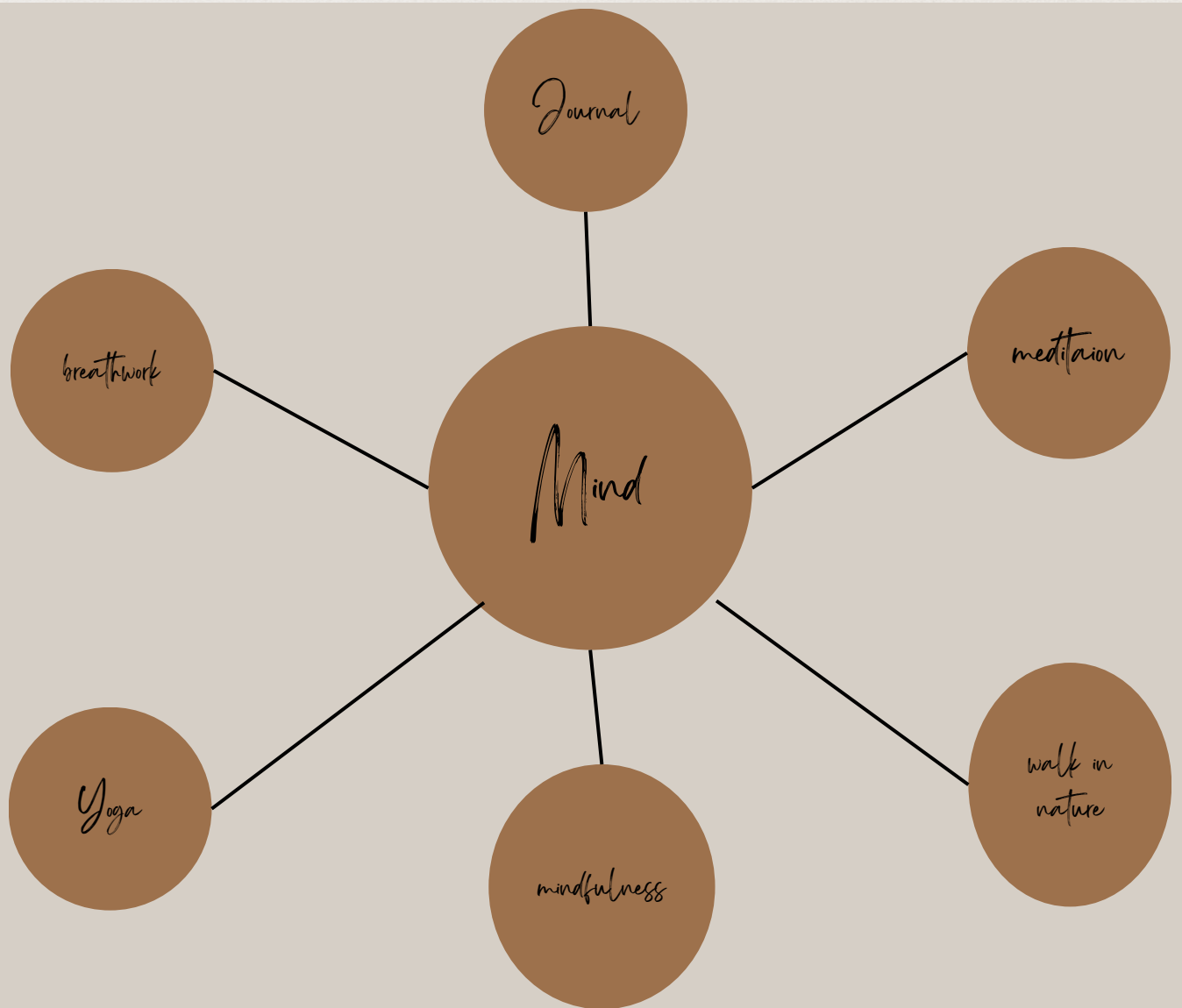
SELF CARE FOR YOU

On the next few pages, you'll find space to brainstorm activity and habit ideas for your mind, body, and soul. These should be things that are enjoyable to you, not things you think you should be doing. You'll use these later to create your own self-care routine.





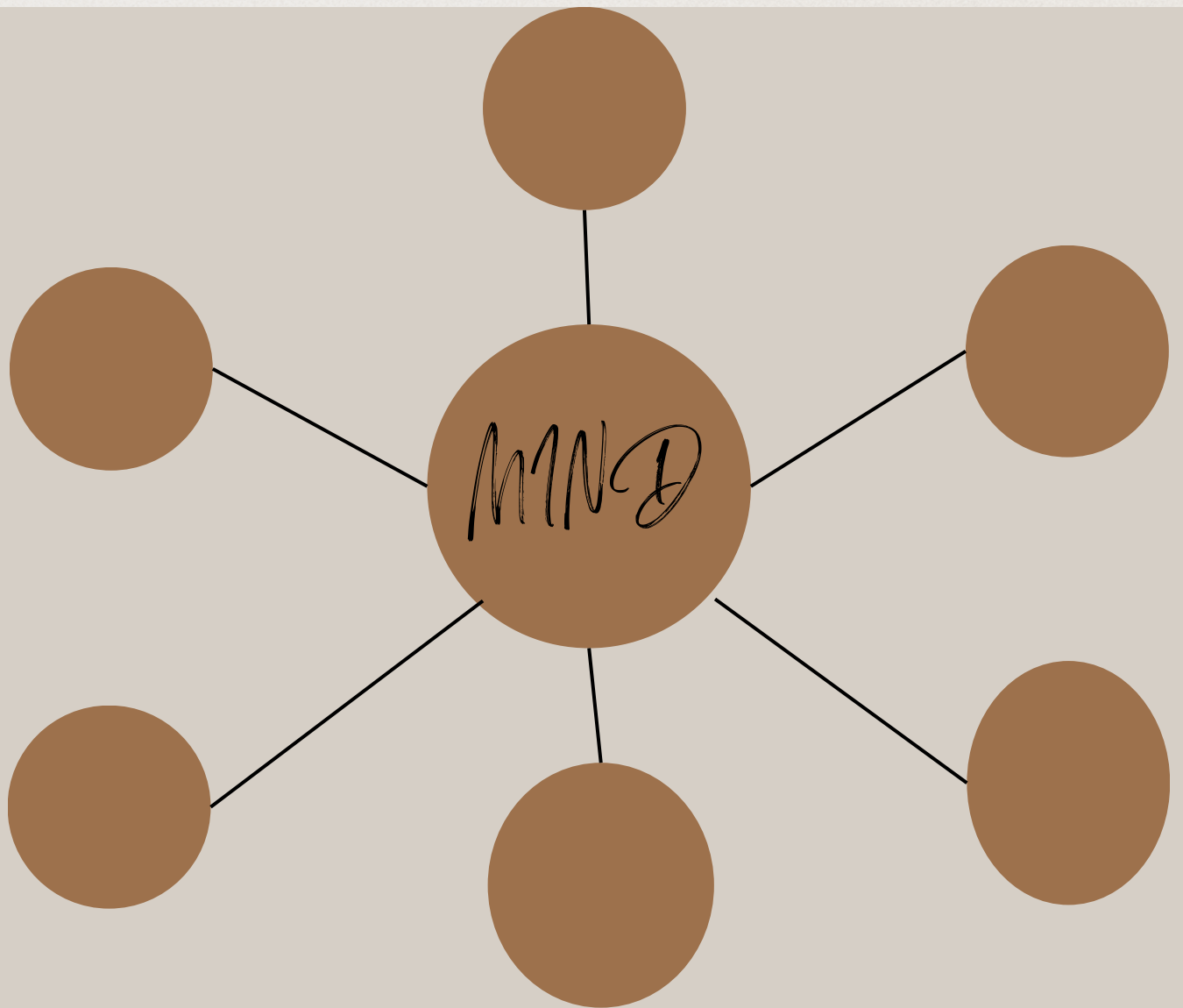
BRAINSTORM EXAMPLE





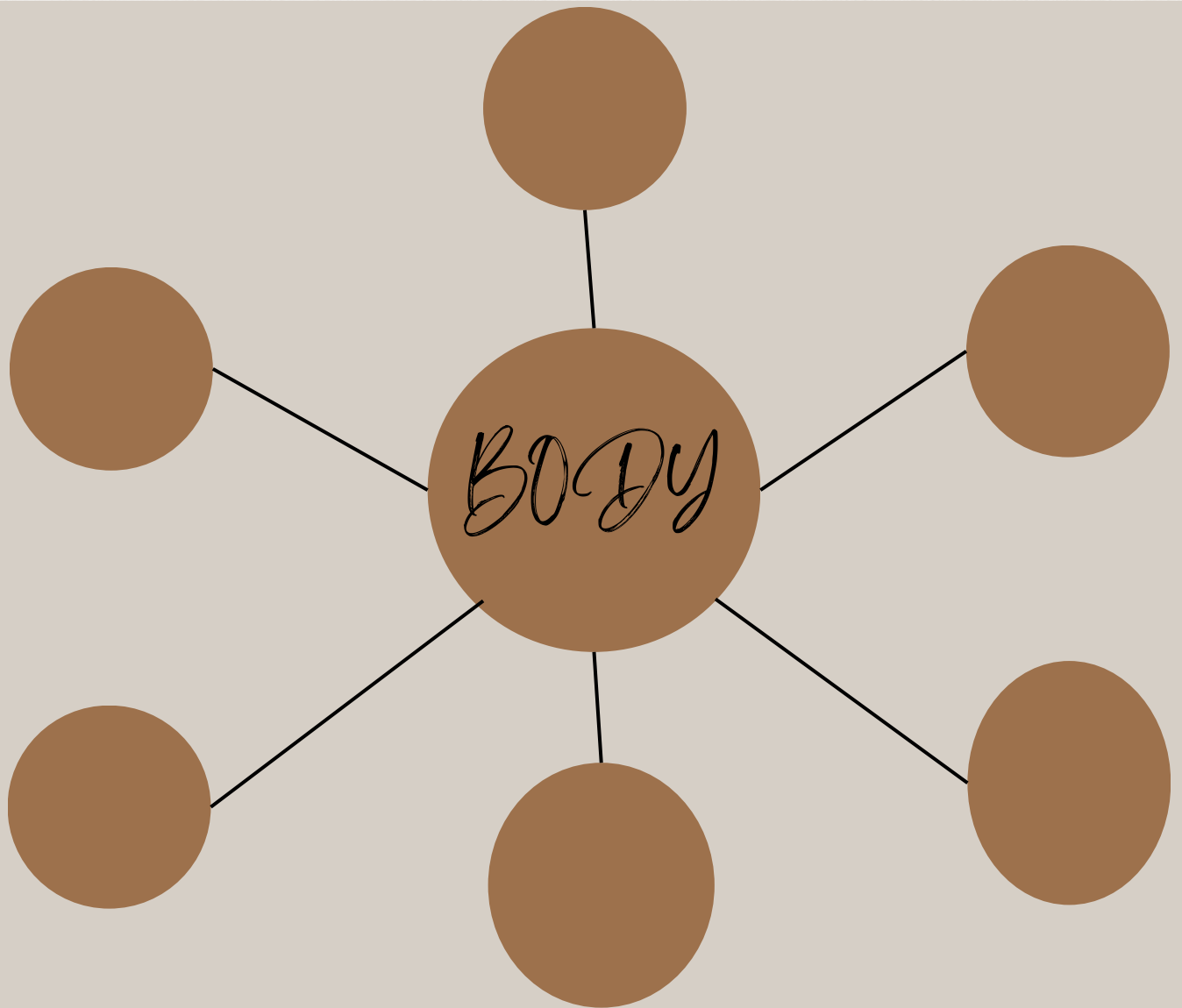
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BRAINSTORM



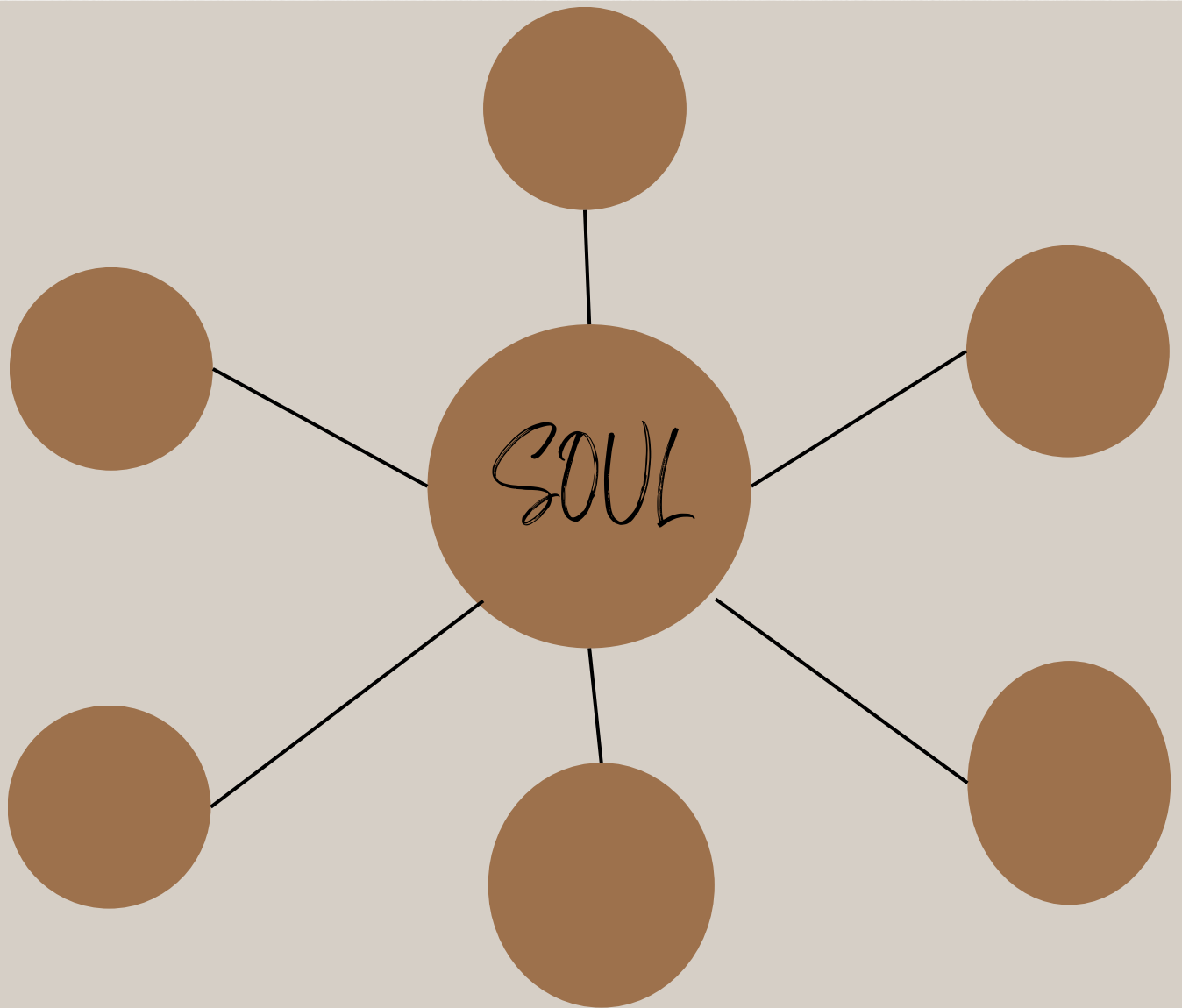


BRAINSTORM





BRAINSTORM





SELF CARE ROUTINE

Routines can be hard to maintain without it feeling like a chore. If you enjoy variety in your life and find routines to be restrictive, you're going to like this self-care routine plan!

Here's how to make it happen:

1. Review your self-care brainstorm lists

I recommend doing this first thing each morning after you wake up.

2. Choose 1-2 activities from each area (mind, body, soul)

The magic here is that you can identify exactly what you need in the moment. You don't have to do the exact same thing every day.

3. Decide how much time you'll dedicate to each area

For reference, here's my rule of thumb per day (but you can do whatever you'd like):

- Mind - 20 minutes
- Body - 20-45 minutes
- Soul - 20 minutes

4. Schedule WHEN you'll do each activity

Treat self-care like an appointment on your calendar that you can't cancel or reschedule. schedule your activities throughout the day or in one chunk as part of your morning routine

5. Track your activities on the self-care tracker worksheet

Use the self-care tracker on the next few pages to track how often you're practicing self-care and the types of activities you've been doing.



SELF CARE TRACKER

Use the worksheet on the next page to keep track of your self-care activities for a week. You can use it to plan out your self-care routine, or simply write down what you've done after the fact.

Seeing a full week of self-care activities is a great feeling!

That being said, don't feel discouraged if you can't make it work every day. Just keep trying whenever you can.

	MIND	BODY	SOUL
Mon	Walk in nature	20 minute Hatha yoga	Breathwork
Tue	Guided writing	Yoga in PM	Bhakti circle
Wed	Walk in nature	Restorative Yoga	Painting
Thurs	Talk therapy	epsom bath	Community service
Fri	walk in nature	20 minute Hatha yoga	Bhakti circle
Sat	Meditation	long hike	gratitude practice
Sun	meditation	long hike	Bhakti circle



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SELF CARE TRACKER

MIND

BODY

SOUL

Mon			
Tue			
Wed			
Thurs			
Fri			
Sat			
Sun			

GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT
ON THE THINGS YOU'RE THANKFUL FOR

3 THINGS I'M GRATEFUL FOR

1

2

3

3 THINGS THAT MADE ME SMILE TODAY







3 THINGS I DID WELL TODAY

1

2

3

Daily Affirmation

NOTES & FREE THOUGHTS





SELF CARE REFLECTIONS

Use this space for any reflections about your week of self care



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READY FOR NEXT STEPS?

I hope this free guide has made your self-care a little less overwhelming.

Self care is all about you connecting with yourself

If you're ready to dive in deeper, to slow down & reconnect with yourself, be sure to book a **FREE 15 minute** consult with me.

You can scan this QR code
or visit me [here](#)



SCAN ME