



An Introduction to Self-Care and Embracing Your Inner Geek

Self-Promotive Affirmations:

Start your day with phrases that are empowering, non-judgemental, without pressure. Just be kind and hopeful. And it's okay to be humorous and have fun. Avoid any terms or phrases that highlight deterrents, guilt or loss of worth

Today I will: catch all of the Pokemon at Cranes Roost and earn those points!

I love this about myself: My quirky sense of humor

I believe that I can achieve this: Global domination (it is the name of the work book after all!)

I know I am a cool friend and can multi-task because: I can join my friends for a four hour gaming session and, raise funds through Extra Life

(Extra Life united thousands of gamers around the world to play games in support of their local Children's Miracle Network Hospital.)

I will complete the: Virtual 5k I signed up for.(I love those sweet medals)

I am an Imperfect being and that's okay because: Vincent Van Gogh created beautiful masterpieces while battling manic depression.

I acknowledge I make mistakes: It's leviOsa not levioSA
(Hermione Granger, Harry Potter book series)

I have moved forward In my self-worth journey: The Eleventh Doctor's story brought us River Song, whose journey takes her from loss & guilt to understanding her role in effecting a necessary change that saves the universe. She learns to accept her worth.



*I make my own
happiness! #selfcare*



What Do You Mean I Have to Find the Courage to Love & Accept Myself!?



I Struggle Accepting Myself Because:

I Love Myself Because I Am:

I am Resilient Because I Can:





Self Care Agenda

- Arrange my succulents (calm/growth)
- Explore a new section of my favorite store (possibility/imagination/fun)
- Search for & schedule a fun adventure (hope/joy/trust)

Diverselygeek.org



What it means to engage in My Self-Care Journey & Why it's Important

How My Fandom Passions & Healing Hobbies support my self-care path

Developing an active routine for honest self-care evaluation and identifying care deficits/needs, then transferring that data to your self-care plan, helps us to organically address the components of healthy living.

- ❖ There is no one answer on how to recognize the cogs, wheels, and pieces of our living puzzle.
- ❖ We are beautiful, complex beings, so it would be beneficial to find a method to self-analyze, self-review, and evaluate what our basic, short- and long-term needs are.

Understanding my empowerment and how to find the path to support my self-value

Let's start at the very beginning and engage in introspective self-evaluation, so we can better understand why it's absolutely essential to make this the first step in your self-care planning:

- Make a list of assets

Why my life's story can't be told by anyone else and how can I tell it in my own unique way (What would you include in this story or how would you like to be seen/heard)



What are my self-care needs and how can I inspire myself to achieve them (recognizing that I am deserving of achieving and to have my needs met)

- Building Blocks that are achievable:
 - this week:
 - This month:
 - In 1 year:

Healthy habits I include in my daily routine to guide me to establish physical well-being

- Physical:
- Mental:
- Emotional:
-

Healthy habits I include in my daily routine to guide me to establish physical well-being

- Physical:
- Mental:
- Emotional:

Healthy habits that I include in my daily routine to guide me to establish mental well-being

- Physical:
- Mental:
- Emotional:

Habits that reduce my commitment to improving my physical/mental/spiritual well-being

- Physical:
- Mental:
- Emotional:



Asking myself the right connective questions and why I should answer honestly

How I can achieve a sense of purpose and belonging where I feel confident and accepted in my space & surroundings:

How I can explore and magnify my own potential:

A short and long term goal I would like to work towards in using this workbook

As we grow and mature, adopting a reflective model for self- analysis and analyzing how we relate to others and our environmental analysis is safe and honest.

Now Make It So....