



# Self Care Matters Journal & Playbook

A practical daily guide to  
Revolutionary Self Care

By Anana Harris Parris



A complimentary manual to  
Self Care Matters: A Revolutionary's Approach



# Self Care Matters

Journal & Playbook



Also by Anana Harris Parris

**Self Care Matters: A Revolutionary's Approach**

# Self Care Matters

## Journal & Playbook

**Anana Harris Parris**

Edited by Kim Brundidge

YBF Publishing, LLC

*Self Care Matters Journal & Playbook*

Copyright © 2015-2017 Anana Harris Parris

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, contact the publisher, addressed “Attention: Permissions Coordinator,” at the websites below.

Self Care Agency  
+1 (470) 440-0237  
selfcareday.com  
selfcareagency.com  
sistercarealliance.org

Self Care Matters: Journal & Playbook First Edition.

Edited by Kim Brundidge

Printed in the United States of America

YBF Publishing, LLC

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

Ordering Information: Quantity sales. Special discounts are available on quantity purchases by corporations, associations, and others. For details about licensing options for your program or organization, contact the publisher at the contact information listed above.

‘ This book is dedicated to my parents,  
Herget Sababu Harris & Kathleen ‘Asaata’ Albert

A self-care revolutionary is drowning in reasons, laced with habits, coated with people and surrounded by rules that do not support them taking good care of themselves, but they begin to fight and take care of themselves anyway. It is not enough to be an activist, mother, father or leader who takes care of others. You must be a self-care revolutionary and fight to take care of yourself as well.

Anana Harris Parris, *Self Care Matters: A Revolutionary’s Approach*







# Contents

The Self Care Program.....	1
Fundamental Concepts of the Program.....	2
Self Care Tools and Resources.....	2
How to Use the Self Care Matters Journal & Playbook.....	5
The Daily Pages .....	6
Appendices .....	43
Self Care Keys .....	45
Self Care Checklist .....	46
Self Care Affirmation with Movement.....	53
Self Care Dream Team Sheet .....	55



## The Self Care Program

The Self Care Program is an integrated, holistic approach to developing a lifestyle of balance and satisfaction. When we talk about balance and satisfaction, we are talking about these areas: Spiritual/Emotional, Economic, Artistic, Physical, Educational, and Social. This straightforward and effective program is described in detail in *Self Care Matters: A Revolutionary's Approach*. If you don't have the book already, we encourage you to get a copy. In this abbreviated presentation of the program, we will discuss the primary components and concepts.

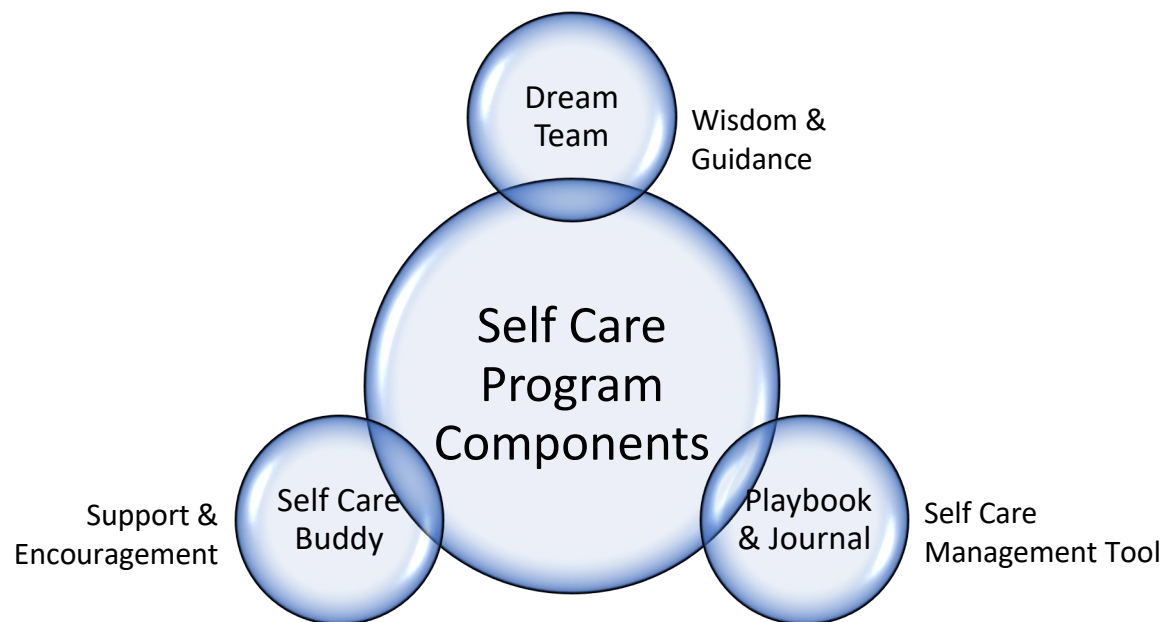
The *Self Care Matters Journal & Workbook* is a key component in the program. It is the tool you will use daily to design your own, personal Self Care Plan, the one that will help you find satisfaction in these areas of your life

- **Spiritual/Emotional:** This category of self care covers those things that are beyond logic, that are concerned with hopes and dreams and faith. These are the things that give your life purpose (spiritual) and those that impact you positively and negatively (emotional). Finding ways to focus on spiritual and emotional goals will impact all your other activities.
- **Economic:** *Economics* is a term that tends to be referenced solely to address finances. However, for this Self Care Program, *economic* refers to the management of your time, money and energy. It is about allocating time and other resources in ways that help you meet your self care needs.
- **Artistic:** This area pertains primarily self expression and creative appreciation. Even those of us who think we're not artistic or creative have a need to express who we are, whether it is in terms of cooking, crafting, public speaking, parenting, sports, etc. We all have artistic self care needs.
- **Physical:** Good health is the foundation for life in balance. Fitness, nourishment, nutrition, movement, flexibility, strength are all aspects of physical self care.
- **Educational:** Whatever your life goals and daily plans, there are things you can learn to help move forward on your journey. These are the things we refer to as *educational* self care needs.
- **Social:** The need to connect. In relationship. In family. In community. Healthy interactions in which you give and receive. These are social self care needs. In this age of "social media" and isolation, social self care is more important than ever.

## Fundamental Concepts of the Program

The Self Care Program is built around the idea that you should be kind to yourself, that the journey is about *participation*, not *perfection*. To that end, we:

- take **Baby Steps** towards our goals: a step forward is a step forward.
- build a **Dream Team** of supportive cheerleaders who care about our progress
- find a **Self Care Buddy** who will check in and support our journey, and
- find a **Self Care Support Group**, where you can share your stories and listen to others.



Keep in mind that everything about the Self Care Program is optional and, like any thing else, you will get out of it what you put into it. There is no judgement, there is no competition. The fact that you are reading this book means you are moving in the right direction towards taking good care of yourself and improving the quality of your life.

## Self Care Program Components



### Self Care Tools and Resources

The Appendices at the end of this manual contains additional tools you will find useful:

- **Self Care Keys.** Seven affirmations that, when read out loud daily, will encourage a proactive and healthy self-care-based mindset.
- **Self Care Checklist.** A checklist of items to inspire you to set goals and accomplish baby steps along your self-care journey. You can expand on the items in the checklist and make your own customized checklist.
- **Self Care Affirmation with Movement.** This affirmation and brief ritual is a cornerstone of the self care practice. It is used at Self Care Support Groups and you may decide to use it daily at home.
- **Self Care Dream Team Sheet.** A Self Care Dream Team is a group of mentors or experienced professionals that you have access to and can ask for guidance in each self-care category. This sheet is a place to record and track your Self Care Dream Team member information.

You will also find many helpful tools at the Self Care Agency website ([selfcareagency.com](http://selfcareagency.com)), such as:

- Contact information for Self Care Support Groups in your area
- Information about webinars and other scheduled events

You can keep connected to the Self Care Agency via these social media:

- Facebook
- Instagram
- Twitter

As you travel on your self care journal, know that this is not a journey of self reliance. Quite the opposite. Rather, it is about being self focused and self confident enough to seek help and support when you need it. That is what makes the Self Care Program revolutionary. It is a way to learn to take good care of yourself *first*, as a means of survival. Not in a selfish way, but in a self-preserving way, as the first step towards taking care of your family, your relationships, your workplace and your community.

## How to Use the Self Care Matters Journal & Playbook

A well-known way to build new neural pathways and create new habits is through writing. Science shows that the act of writing accesses your analytical and rational left brain and frees your right brain to intuit, imagine, and feel. Journaling frees you to use all of your brainpower to better understand yourself and the world around you.

This playbook is a place to store and create a game plan for your self care in conjunction with the Self Care Program outlined in the *Self Care Matters: A Revolutionary's Approach* book. The book provides the steps to follow to craft your own customized Self Care Plan, inspiring stories of self-care triumph, and activities to help you develop a strong self-care mindset.

On the other hand, you may choose to use this playbook by itself and in your own way. In any case, the playbook will help you to remember and be honest about the areas of your life that need your attention, help you get in touch with your feelings, clarify your thoughts, and reduce stress in your life.

Your journaling will be most effective if you do it daily for a minimum of 5 minutes. Throughout your self-care activities remember the Self Care mantra: *do your best and release the rest*.

Begin anywhere, with no judgement. Don't worry about spelling and punctuation. Pick a time to use this playbook that best works for you and remember, *participation not perfection* is the goal.

Participate in your own self-care by writing at least one word in the journal. Remove the stress of completing this playbook "perfectly" each day. Give yourself the gift of participating in your self care journey in some way, no matter how small, everyday.

Be brave. Have the courage to be honest. Aim to participate in your own self-care as if you are a revolutionary fighting for your own life.

Many times, we avoid writing down our needs for fear of disappointing ourselves. Many of us have memories of being criticized for failing so we stress out at the thought of writing down what we need.

A key concept to use while addressing your self care needs is to take *baby steps*. A Self Care Baby Step is a small task that is meant to build a muscle that has been weak for some time. For example, writing down your self-care needs is not just

about addressing them but about accomplishing them. To write them every day is a baby step toward building that self-care muscle.

## The Daily Pages

The Journal & Playbook contains a series of daily pages: *Thoughts Dumping*, *Take a Moment*, and *What Do I Need Today?*

### Thoughts Dumping Pages

The journal provides three Thoughts Dumping pages per day. Use them to do exactly what they say – dump your thoughts. Write as long as possible. Don't try to control it or shape it or insist that it make sense. Simply write what comes to you. Consider the affirmations at the top of these pages: *I release one word at a time to help me better see my dream. I release one word at a time to help me better see my plan. I release one word at a time to help me better see my power.*

### What Do I Need Today? Pages

These pages are used to help you get in touch with what specific self care needs you have today. Keep it simple. If you don't know what you need, write *'I don't know and will ask for help'*. You may decide to ask a Dream Team member for support.

### Take a Moment Pages

These pages are designed to give you a chance to center your day spiritually and emotionally. Finish the sentences on these pages and, when you can, try to accomplish them. Remember: writing down your thoughts is an acknowledgment of what you need and is the first step to addressing it.

Taking a moment takes courage and is the foundation to establishing your *spiritual and emotional self-care*.

The Journal & Playbook contains enough pages for 7 days. You may choose to use all these pages. Or only use one. When you need more pages, feel free to make copies and keep them in a binder.











DAY ONE

## What Do I Need Today?

*Ask yourself what you need today in any or all of the Self Care areas.*

Self Care Area	Need
Spiritual/Emotional (centering yourself and facing challenges)	
Economic (managing time, money, and energy)	
Artistic (creatively expressing emotions and needs)	
Physical (addressing honest needs of your body)	
Educational (learning required to reach goals)	
Social (engaging in healthy, positive interaction with others)	



DAY ONE

## Take a Moment

Your heart and soul are the heart and soul of self care. To help you find your spiritual/emotional focus, finish the following sentences. Then, attempt to accomplish the actions you describe when you can.

Set the space| I feel my calmest and safest when the space around me is

Acknowledge your heart and soul| Right now my heart and soul are

Self Care Act| To care for my heart and soul in this moment, I will

Self Care Thought Affirmation| Create one for yourself or repeat the following:  
*“I nourish myself, do my best, say thank you and release the rest.”*











DAY TWO

## What Do I Need Today?

*Ask yourself what you need today in any or all of the Self Care areas.*

Self Care Area	Need
Spiritual/Emotional (centering yourself and facing challenges)	
Economic (managing time, money, and energy)	
Artistic (creatively expressing emotions and needs)	
Physical (addressing honest needs of your body)	
Educational (learning required to reach goals)	
Social (engaging in healthy, positive interaction with others)	



DAY TWO

## Take a Moment

Your heart and soul are the heart and soul of self care. To help you find your spiritual/emotional focus, finish the following sentences. Then, attempt to accomplish the actions you describe when you can.

Set the space| I feel my calmest and safest when the space around me is

Acknowledge your heart and soul| Right now my heart and soul are

Self Care Act| To care for my heart and soul in this moment, I will

Self Care Thought Affirmation | Create one for yourself or repeat the following:  
*“I nourish myself, do my best, say thank you and release the rest.”*









DAY THREE

## What Do I Need Today?

*Ask yourself what you need today in any or all of the Self Care areas.*

Self Care Area	Need
Spiritual/Emotional (centering yourself and facing challenges)	
Economic (managing time, money, and energy)	
Artistic (creatively expressing emotions and needs)	
Physical (addressing honest needs of your body)	
Educational (learning required to reach goals)	
Social (engaging in healthy, positive interaction with others)	

DAY THREE



DAY THREE

## Take a Moment

Your heart and soul are the heart and soul of self care. To help you find your spiritual/emotional focus, finish the following sentences. Then, attempt to accomplish the actions you describe when you can.

Set the space| I feel my calmest and safest when the space around me is

Acknowledge your heart and soul| Right now my heart and soul are

Self Care Act| To care for my heart and soul in this moment, I will

Self Care Thought Affirmation| Create one for yourself or repeat the following:  
*“I nourish myself, do my best, say thank you and release the rest.”*











DAY FOUR

## What Do I Need Today?

*Ask yourself what you need today in any or all of the Self Care areas.*

Self Care Area	Need
Spiritual/Emotional (centering yourself and facing challenges)	
Economic (managing time, money, and energy)	
Artistic (creatively expressing emotions and needs)	
Physical (addressing honest needs of your body)	
Educational (learning required to reach goals)	
Social (engaging in healthy, positive interaction with others)	



DAY FOUR

## Take a Moment

Your heart and soul are the heart and soul of self care. To help you find your spiritual/emotional focus, finish the following sentences. Then, attempt to accomplish the actions you describe when you can.

Set the space| I feel my calmest and safest when the space around me is

Acknowledge your heart and soul | Right now my heart and soul are

Self Care Act| To care for my heart and soul in this moment, I will

Self Care Thought Affirmation | Create one for yourself or repeat the following:  
*“I nourish myself, do my best, say thank you and release the rest.”*









DAY FIVE

## What Do I Need Today?

*Ask yourself what you need today in any or all of the Self Care areas.*

Self Care Area	Need
Spiritual/Emotional (centering yourself and facing challenges)	
Economic (managing time, money, and energy)	
Artistic (creatively expressing emotions and needs)	
Physical (addressing honest needs of your body)	
Educational (learning required to reach goals)	
Social (engaging in healthy, positive interaction with others)	





DAY FIVE

## Take a Moment

Your heart and soul are the heart and soul of self care. To help you find your spiritual/emotional focus, finish the following sentences. Then, attempt to accomplish the actions you describe when you can.

Set the space | I feel my calmest and safest when the space around me is

Acknowledge your heart and soul | Right now my heart and soul are

Self Care Act | To care for my heart and soul in this moment, I will

Self Care Thought Affirmation | Create one for yourself or repeat the following:  
*“I nourish myself, do my best, say thank you and release the rest.”*









DAY SIX

## What Do I Need Today?

*Ask yourself what you need today in any or all of the Self Care areas.*

Self Care Area	Need
Spiritual/Emotional (centering yourself and facing challenges)	
Economic (managing time, money, and energy)	
Artistic (creatively expressing emotions and needs)	
Physical (addressing honest needs of your body)	
Educational (learning required to reach goals)	
Social (engaging in healthy, positive interaction with others)	



DAY SIX

## Take a Moment

Your heart and soul are the heart and soul of self care. To help you find your spiritual/emotional focus, finish the following sentences. Then, attempt to accomplish the actions you describe when you can.

Set the space | I feel my calmest and safest when the space around me is

Acknowledge your heart and soul | Right now my heart and soul are

Self Care Act | To care for my heart and soul in this moment, I will

Self Care Thought Affirmation | Create one for yourself or repeat the following:  
*“I nourish myself, do my best, say thank you and release the rest.”*











DAY SEVEN

## What Do I Need Today?

*Ask yourself what you need today in any or all of the Self Care areas.*

Self Care Area	Need
Spiritual/Emotional (centering yourself and facing challenges)	
Economic (managing time, money, and energy)	
Artistic (creatively expressing emotions and needs)	
Physical (addressing honest needs of your body)	
Educational (learning required to reach goals)	
Social (engaging in healthy, positive interaction with others)	



DAY SEVEN

## Take a Moment

Your heart and soul are the heart and soul of self care. To help you find your spiritual/emotional focus, finish the following sentences. Then, attempt to accomplish the actions you describe when you can.

Set the space | I feel my calmest and safest when the space around me is

Acknowledge your heart and soul | Right now my heart and soul are

Self Care Act | To care for my heart and soul in this moment, I will

Self Care Thought Affirmation | Create one for yourself or repeat the following:  
*“I nourish myself, do my best, say thank you and release the rest.”*



# Appendices



## Self Care Keys

These seven affirmations that, when read out loud daily, will encourage a proactive and healthy self-care-based mindset. These affirmations address the more critical experiences during your self-care journey. Be kind to yourself. Use the keys as a reminder to encourage yourself or a self-care buddy. Reading each affirmation out loud in a mirror helps them sink in deeper.

Courage | I have the **courage** to be honest and welcome guidance and support on my self-care journey.

Worthiness | I reflect, discuss and encourage the strengthening of my **self-worth** in a protected space throughout my self-care journey.

Inspiration | I place myself in an environment to be **inspired** and refueled on a regular basis.

Forgiveness | I **forgive** myself for the moments I lacked good self-care and take my self-care journey one baby step at a time, one day at a time.

Commitment | I **commit** to building a foundation of spiritual and emotional support throughout my self-care journey.

Protection | I **protect** my self-care journey by sharing my journey with safe and encouraging people only when necessary.

Peace | I choose to be at **peace** with the rate at which my self-care journey is progressing. I release negative experiences through journaling and compassionately share my self-care story when I feel strong enough.









## Physical Self Care

---

- \_\_\_ I have had a complete physical in the last year.
- \_\_\_ I am clear how to protect myself physically if I don't feel safe.
- \_\_\_ I have someone who can help me learn what healthcare resources are available to me.
- \_\_\_ I journal occasionally about how my body is feeling.
- \_\_\_ I understand and write down what my body needs to properly function (e.g., water, sleep, healthy touch, etc.).
- \_\_\_ I have at least one physical dream team member.
- \_\_\_ I have someone I can share my fears or concerns about my health with.
- \_\_\_ I have completed one physical baby step this month.
- \_\_\_ I have completed one physical big step this month.
- \_\_\_ I have the contact information for a medical or health professional and made at least one appointment in the last six months to check my entire body (dentist, physician, nutritionist, chiropractor, etc.).
- \_\_\_ I have listed my most critical health concerns.
- \_\_\_ I have listed or written in my journal about my health concerns I am either afraid to talk about and/or do not want anyone to know.
- \_\_\_ I have listed the health concerns in this book including what I cannot afford to pay for a health professional to assess.

---

---

---

---

---

---

---

---

---

---









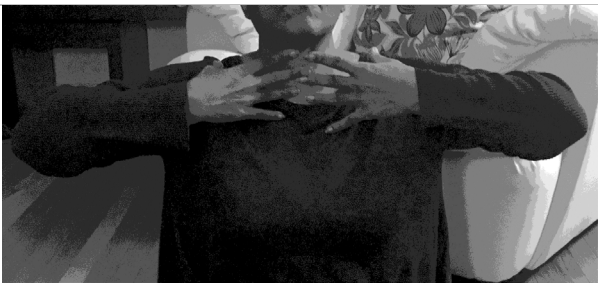
## Self Care Affirmation with Movement

This powerful affirmation and ritual is a cornerstone of the self care practice. It is used at Self Care Support Groups and you may find that you want to use it at home.

*I nourish myself. I do my best. I say thank you. And I release the rest.*

Repeat the sequence while doing the movements: three times speaking out loud, then three times whispering, then one time silently, thinking the words while doing the movements.

These are the movements that accompany this mantra:

<p><i>I nourish myself.</i></p>		<p>Place your fingertips at your navel.</p>
<p><i>I do my best.</i></p>		<p>Place your fingertips at the center of your chest.</p>
<p><i>I say "thank you."</i></p>		<p>Place your fingertips at the center of your throat.</p>

*And I release  
the rest.*



Place your finger  
tips on your  
forehead, then  
release your arms  
down, palms open.





## Self Care Dream Team Sheet

A Self Care Dream Team is a group of mentors or experienced professionals that you have access to and can ask for guidance in each self-care category. This sheet is a place to record and track your Self Care Dream Team member information.

*You can have more than one team member for each category and you do not have to complete this sheet all in one day.*

### Spiritual/Emotional Dream Team Members

---

Name:

Phone:

Email:

Name:

Phone:

Email:

Name:

Phone:

Email:

*Critical self care needs require a dream team member immediately. Have the courage to ask for help.*

Economic Dream Team Members

---

Name:

Phone:

Email:

Name:

Phone:

Email:

Name:

Phone:

Email:

Artistic Dream Team Members

---

Name:

Phone:

Email:

Name:

Phone:

Email:

Artistic Dream Team Members, cont.

---

Name:

Phone:

Email:

Physical Dream Team Members

---

Name:

Phone:

Email:

Name:

Phone:

Email:

Name:

Phone:

Email:

Educational Dream Team Members

---

Name:

Phone:

Email:

Educational Dream Team Members, cont.

---

Name:

Phone:

Email:

Name:

Phone:

Email:

Social Dream Team Members

---

Name:

Phone:

Email:

Name:

Phone:

Email:

Name:

Phone:

Email:

*Thank you for taking this self care journey.  
Take care of yourself is the first step in taking care of your world.*

*Selfcareagency.com*



