



The Ultimate Guide to Self-Care:

CONNECTING YOUR HEART TO YOUR SOUL

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The self-care guide you hold in your hands is a journey towards nurturing your inner world, fostering self-love, and cultivating a deeper sense of gratitude.

Over the next 30 days, you will embark on a little GAME. Yes! It is a game, so let's play! Be as happy as a little child receiving a Christmas present.

We hear many times the phrase: “ Life happens for you, not to you.”

What does this actually mean?

To explain briefly, your life is full with lessons for you, which are meant to make you “unlock” the next version of yourself.

In this practical e-book you will unlock new versions of yourself each day.

Have fun!



**First thing
YOU must do:**

START



**Become your own
OBSERVER for the next 30
days.**

**Observe yourself with
kindness and acceptance,
and go through each
exercise in order to tap
into that amazing higher
self.**



Declaration to myself

**I,,
choose to be my best
higher amazing
extraordinary SELF.
I choose myself.
I love myself.
I see myself.
I am kind to myself.
I am playing this 30 days
game to discover myself.
Love,
..... (ME)**



10 Daily Habits

- 1. Morning Stretch Routine:**
 - Spend 5 minutes stretching your body after waking up. This helps increase flexibility, improve circulation, and invigorate your body for the day ahead.
- 2. Hydrate Immediately Upon Waking:**
 - Drink a glass of water as soon as you wake up to rehydrate your body after a night's sleep. Add a slice of lemon for extra freshness and hydration.
- 3. Sunscreen Application Before Going Out:**
 - Apply sunscreen with at least SPF 30 to your face and any exposed skin before heading outdoors. This helps protect your skin from harmful UV rays and prevents premature aging and skin damage.
- 4. Mindful Breathing Breaks:**
 - Take 1-2 minutes throughout the day to practice mindful breathing. Close your eyes, inhale deeply through your nose for a count of 4, hold for 4, and exhale slowly for 6. This helps reduce stress and promotes a sense of calm.
- 5. Healthy Snack Preparation:**
 - Prepare a healthy snack, such as sliced fruits or veggies, nuts, or yogurt, and have it readily available for when hunger strikes. This encourages nutritious eating habits and helps prevent reaching for unhealthy options.
- 6. Daily Gratitude Journaling:**
 - Take 5 minutes at the end of each day to write down three things you're grateful for. Reflecting on the positives in your life fosters a sense of gratitude and contentment.
- 7. Phone-Free Wind Down Time:**
 - Set aside 30 minutes before bed to unwind without screens. Engage in relaxing activities like reading, journaling, or gentle stretching to promote better sleep quality.
- 8. Bedtime Ritual:**
 - Establish a calming bedtime ritual, such as dimming the lights, diffusing lavender essential oil, and listening to soothing music or nature sounds. This signals to your body that it's time to relax and prepares you for a restful night's sleep.
- 9. Express Affection Daily:**
 - Make it a habit to express affection to your loved ones every day. This could be a hug, a kiss, or a heartfelt compliment. These small gestures strengthen relationships and foster emotional connection.
- 10. Reflect on Achievements Before Bed:**
 - Before going to sleep, take a moment to reflect on your accomplishments and successes of the day, no matter how small. This boosts confidence, enhances self-esteem, and reinforces a positive mindset.

Incorporating these specific and practical habits into your daily routine can lead to noticeable improvements in your physical, mental, and emotional well-being over time.





Self-Love LIGHT WORK



In this part of your journal
you will work on
acknowledging your gifts
and celebrating them daily.

LIGHT WORK

Self-Love

Day 1

“I am worthy just because I exist.”

Write down 4 qualities you admire about yourself.

Why do you admire this qualities about yourself?
Be specific.

Observe what makes you happy today and write it down:

Day 3

“It is my birthright to live in abundance, love and happiness.”

Write down 4 qualities you admire about yourself.

Why do you admire this qualities about yourself?
Be specific.

Observe what makes you happy today and write it down:



Day 5

“I will be the first.”

Write down 4 qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:



Day 7

“When you choose yourself, everyone will choose you.”

Write down 4 things/qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:



Relax while breathing!

4-7-8 Breathing Technique:

1. **Find a Comfortable Position:** Sit or lie down in a comfortable position. Close your eyes if it feels comfortable for you.
2. **Relax Your Body:** Take a moment to scan your body from head to toe. Notice any areas of tension and consciously release them as you exhale.
3. **Inhale (4 seconds):** Inhale slowly and deeply through your nose for a count of four seconds. Feel your belly expand as you fill your lungs with air.
4. **Hold (7 seconds):** Once you've inhaled fully, hold your breath for a count of seven seconds. Allow yourself to feel a sense of stillness and calm during this pause.
5. **Exhale (8 seconds):** Slowly exhale through your mouth for a count of eight seconds. Empty your lungs completely, feeling your belly contract as you release the air.
6. **Repeat:** Continue this pattern of breathing—inhaling for four seconds, holding for seven seconds, and exhaling for eight seconds—for a few more rounds or as long as feels comfortable.
7. **Focus on Sensations:** As you continue the breathing exercise, focus your attention on the sensations of your breath moving in and out of your body. Notice the rise and fall of your chest and the expansion and contraction of your belly.
8. **Stay Present:** If your mind starts to wander or thoughts arise, gently bring your focus back to your breath and the present moment. Allow yourself to fully immerse in the rhythm of your breath.
9. **End Mindfully:** When you're ready to conclude the exercise, take a few moments to sit quietly and observe how you feel. Notice any shifts in your body and mind, and acknowledge the sense of relaxation and calmness you've cultivated.

This 4-7-8 breathing technique can be practiced anytime, anywhere, whenever you need to reduce anxiety, stress, or simply reconnect with your body and inner peace.



Day 9

“You belong here.”

Write down 4 qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:

Day 11

**“You are here to occupy space in the world,
you are here to express yourself .“**

Write down 4 qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:



Day 13

“Your belief creates your reality.”

Write down 4 qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:



Stretch your anxiety away!

1. Child's Pose (Balasana):

- Begin on your hands and knees in a tabletop position.
- Lower your hips back towards your heels and extend your arms forward, resting your forehead on the mat.
- Take slow, deep breaths as you relax into the pose, feeling a gentle stretch in your back and shoulders.
- Hold the pose for 5-10 breaths, focusing on releasing tension and calming the mind.

2. Seated Forward Bend (Paschimottanasana):

- Sit on the floor with your legs extended in front of you.
- Inhale to lengthen your spine, then exhale as you fold forward from your hips, reaching towards your feet.
- Keep your back straight and your chest open, and relax into the stretch with each exhale.
- Hold the pose for 5-10 breaths, allowing your breath to guide you deeper into the stretch.

3. Cat-Cow Stretch (Marjaryasana-Bitilasana):

- Come onto your hands and knees in a tabletop position.
- Inhale as you arch your back, dropping your belly and lifting your head and tailbone (Cow Pose).
- Exhale as you round your back, tucking your chin to your chest and tucking your tailbone (Cat Pose).
- Flow between Cat and Cow Pose for several rounds, syncing your breath with movement to release tension in the spine and calm the nervous system.

4. Standing Forward Fold (Uttanasana):

- Stand tall with your feet hip-width apart.
- Inhale to lengthen your spine, then exhale as you hinge at the hips and fold forward, reaching towards the floor.
- Bend your knees slightly if needed and let your head hang heavy.
- Relax into the stretch, feeling a gentle release in your back and hamstrings.
- Hold the pose for 5-10 breaths, focusing on deepening your breath and letting go of tension.

5. Legs-Up-the-Wall Pose (Viparita Karani):

- Sit next to a wall with your side body against it.
- Lie down on your back and swing your legs up the wall, keeping your hips close to the wall.
- Rest your arms alongside your body with your palms facing up, and close your eyes.
- Relax into the pose and focus on your breath, feeling a sense of grounding and relaxation.
- Hold the pose for 5-10 minutes, allowing the soothing sensation to calm your mind and body.

Practice these gentle yoga stretches regularly to help reduce anxiety, promote relaxation, and cultivate a sense of peace and well-being. Remember to listen to your body and modify the poses as needed to suit your comfort level.

Day 15

“When I am calm, I am protected.”

Write down 4 qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:

Day 17

“I love every cell of my body.”

Write down 4 qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:



Day 19

“I love every braincell of mine, as it helps me create this wonderful life.”

Write down 4 qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:



Day 21

“I love my smile.”

Write down 4 qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:

Day 23

“I love my eyes.”

Write down 4 qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:



Day 25

“My heart is full because I am alive.”

Write down 4 qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:



Day 27

“I am the Creator.”

Write down 4 qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:

Day 29

“I am.”

Write down 4 qualities you admire about yourself.

Why do you admire this quality about yourself?
Be specific.

Observe what makes you happy today and write it down:





SHADOW WORK

Self-Love

Enlighten your shadow!

- 1. Mirror Reflection:** Spend a few minutes each day looking into a mirror. Notice any uncomfortable feelings or judgments that arise about yourself. Take deep breaths and practice accepting yourself just as you are in that moment.
- 2. Emotional Check-In:** Set aside time daily to check in with your emotions. Simply sit quietly and ask yourself, "How am I feeling right now?" Notice any emotions that come up without trying to change them.
- 3. Trigger Journaling:** Keep a journal by your bedside and jot down any situations or interactions that triggered strong emotional reactions in you during the day. Reflect on why these triggers affected you and what they reveal about your shadow self.
- 4. Inner Dialogue Session:** Find a quiet space and engage in an internal dialogue with your shadow self. Ask questions like, "What are you trying to tell me?" or "What do you need from me?" Allow yourself to listen to the responses that arise without judgment.
- 5. Dream Recall:** Keep a dream journal next to your bed and jot down any dreams you remember upon waking. Pay attention to recurring themes or symbols, as they may offer insights into your unconscious desires or fears.
- 6. Creative Expression Time:** Set aside a few minutes each day for a creative outlet such as drawing, painting, or writing. Allow yourself to express your emotions and thoughts freely through your chosen medium, without worrying about the outcome.
- 7. Mindful Breathing Exercise:** Practice mindful breathing by taking a few minutes to focus on your breath. Close your eyes, inhale deeply through your nose, and exhale slowly through your mouth. Notice how your body feels with each breath.
- 8. Self-Compassion Moment:** Take a moment each day to practice self-compassion. Place your hand over your heart, close your eyes, and silently repeat a compassionate phrase to yourself, such as "May I be kind to myself in this moment."
- 9. Integration Visualization:** Find a comfortable position and close your eyes. Visualize yourself embracing your shadow self with love and acceptance. Imagine all parts of yourself coming together harmoniously, creating a sense of wholeness and integration.
- 10. Gratitude Ritual:** Before bed, take a few minutes to reflect on three things you're grateful for, including aspects of yourself that you appreciate. Cultivate a sense of gratitude for all parts of yourself, including your shadow self.

**In this part you will
acknowledge the shadow
part of yourself.**

**It might be that you get angry
easily, you lack patience etc.**

**Try to observe patterns, what
triggers you and reframe
things in a positive manner.**

**Practice acceptance and try
not to live in your shadow
side as often.**

SHADOW WORK

Self-Love



Day 2

“Life is a process, not an outcome. Enjoy it!”

Write down 4 things you dislike about yourself.

Why do you dislike them?
Be specific.

Model a different opinion about this.



Day 4

“If you are not fulling your potential, your energy gets taken away.”

Write down 4 things you dislike about yourself.

Why do you dislike them?
Be specific.

Model a different opinion about this.



Day 6

“Auto-sabotage means your are the one in control.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.



Day 8

“Take fear by the hand and run with it.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.



Day 10

“Your mind controls everything.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.

Day 12

“When I walk in my shadow with awareness, I am in control.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.



Day 14

“I love every part of myself.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.



Day 16

“My life is mine to live.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.



Day 18

“I trust my intuition.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.



Day 20

“I am the most powerful being.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.



Day 22

“I am the Divine spark.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.



Day 24

“I am a new me everyday.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.



Day 26

“Not all my thoughts are my own, so they can’t control me.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.



Day 28

“My boundaries are non-negotiable.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.



Day 30

“Every time I choose others, I betray myself.”

Write down 4 things you dislike about yourself.

Why do you dislike this? Be specific.

Model a different opinion about this.



Bring your power back

- 1.Preparation:** Find a quiet and comfortable space where you won't be disturbed. Sit or lie down in a relaxed position, ensuring your spine is straight but not tense. Close your eyes and take a few deep breaths to center yourself.
- 2.Breathing and Grounding:** Begin by focusing on your breath. Inhale deeply through your nose, allowing your abdomen to expand fully. Exhale slowly through your mouth, releasing any tension or stress. With each breath, imagine roots extending from the soles of your feet into the earth, anchoring you securely to the ground.
- 3.Visualization and Movement:** Visualize yourself surrounded by a glowing, golden light, radiating from the core of your being. As you continue to breathe deeply, begin to sway gently from side to side, allowing your body to move with the rhythm of your breath. With each sway, imagine shedding layers of negativity and past pain, letting them dissolve into the earth below.
- 4.Mantra Affirmation:** Repeat the following mantra silently or aloud, allowing its empowering words to resonate within you: "I reclaim my power from all negative experiences. I am resilient, strong, and worthy of love and healing. I release what no longer serves me and embrace the light within. My past does not define me; I am the author of my own story."
- 5.Meditation and Reflection:** Transition into a seated position, maintaining a connection to the earth through your grounded roots. Allow yourself to sink deeper into relaxation as you continue to breathe and repeat the mantra. With each repetition, feel the mantra's words anchoring themselves into your consciousness, reinforcing your inner strength and resilience.
- 6.Gratitude Practice:** Conclude the exercise by expressing gratitude for the journey you've traveled and the lessons you've learned. Take a moment to acknowledge your courage and determination to reclaim your power. Offer thanks to yourself for committing to your healing and growth.
- 7.Closing:** When you feel ready, gently open your eyes and take a few more deep breaths. Wiggle your fingers and toes, gradually returning to the present moment. Carry the sense of empowerment and renewal with you as you continue your journey forward.

This integrated exercise combines breathwork, visualization, movement, affirmation, and gratitude into a powerful practice for reclaiming your power from negative experiences and stepping into your inherent strength and resilience.