
SELF CARE WORKBOOK

For Women



THE ESSENTIAL JOURNEY OF SELF-CARE: A WORKBOOK

In today's fast-paced world, the roles we juggle on a daily basis can be overwhelming. Whether you're a mother, a wife, a businesswoman, an entrepreneur, or someone managing the daily grind of a 9-5 while raising a family, finding balance amidst chaos can seem like a Herculean task. Yet, it's in these roles that the essence of our lives unfolds, and it becomes crucial to prioritize self-care, not as a luxury, but as a fundamental necessity.

Why Self-Care Matters

Self-care is often misconstrued as selfish or indulgent, but in reality, it's about recognizing and fulfilling your own needs to ensure you're at your best – emotionally, physically, and mentally. It's about giving yourself permission to pause, reflect, and rejuvenate. For women, who often find themselves at the centre of family and career obligations, self-care is not just important; it's essential for sustaining energy, motivation, and health.

The Power of a Self-Care Workbook

Bringing Balance into Your Life

The journey towards balance begins with small, intentional steps. By dedicating time to work through a self-care workbook, you start to craft a life that not only embraces your responsibilities but also honors your well-being. This process of self-discovery and mindful planning is empowering, offering a path to a more fulfilled and balanced life.

An Invitation to Every Woman

To mothers who nurture, to wives who support, to businesswomen and entrepreneurs who innovate, and to those tirelessly working and raising a family, a self-care workbook is your companion in this journey. It's an invitation to pause, breathe, and focus on yourself, even if just for a few moments each day. By investing in your self-care, you're not just enhancing your own life; you're enriching the lives of those around you, leading by example and fostering a culture of care and respect.

The beauty of mini self-care workbook lies in its simplicity and adaptability. It doesn't ask you to make grandiose changes overnight but encourages gradual, sustainable shifts towards a healthier, more balanced way of living. It's about finding your equilibrium in a world that constantly pulls you in different directions.

So, take the step today.

Embrace the journey of self-care with open arms and discover how a self-care workbook can transform not just moments of your day, but the very essence of your life. It's your time to shine, to thrive, and to live with the balance you deserve.

SELF-CARE IN PRACTICE

Effective stress management can be incorporated into your daily and weekly routines. Research has shown that the following can affect your health and well-being: Relaxation Skills, Food Choices, Physical Activity, and Spirituality/Connection.

Write down options that seem right for you, your values, priorities, resources, and lifestyle.

RELAXATION PRACTICE

DIFFICULT FOR ME

FOOD CHOICES

DIFFICULT FOR ME

PHYSICAL ACTIVITY

DIFFICULT FOR ME

CONNECTION/SPIRITUALITY

DIFFICULT FOR ME

SELF-CARE STRATEGIES

It's harder to plan when you're overwhelmed or in a crisis. However, planning for challenges before they happen gives you insight into the best and most sustainable options for you to recharge and recharge your batteries. Also, each day, proactively taking care of yourself in small ways helps you be better prepared for challenges or unforeseen circumstances.

THINGS I CAN DO EACH DAY
THAT WILL MAKE ME FEEL GOOD
ABOUT MYSELF

WHAT I SHOULD SAY TO MYSELF
WHEN I AM HAVING A DIFFICULT
TIME

WHAT I SHOULD AVOID DOING
WHEN I AM HAVING A HARD DAY

WHAT I CAN DO (THAT IS GOOD
FOR ME) WHEN I FEEL
OVERWHELMED OR UPSET

SELF-CARE PLANNER

Date:

Goals for my mind

Goals for my body

Note to self

Reminder

MORNING DECLARATION

I am capable, strong, and ready to take on the day.

Today, I choose joy, peace, and positivity in all I do.

I radiate confidence, love, and kindness in all interactions.

I am in control of my thoughts, emotions, and actions today.

I have everything I need to succeed that God has placed within me.

I welcome positivity into my life today and always.

My mind is clear, my heart is open, and I am ready to embrace the day.

I am resilient, and I embrace challenges as opportunities for growth.



Choose or create a declaration that resonates deeply with you and reflects the mindset or attitude you wish to embody throughout your day. Repeat it to yourself as part of your morning routine, perhaps during meditation, while getting ready, or whenever it feels most effective for you. This repetition can help focus your mind and set a positive intention for the day ahead.

GRATITUDE JOURNAL

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

1


2

3

THINGS THAT MADE ME SMILE TODAY

 _____


 _____

 _____

SOMETHING THAT
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL
TO HAVE IN MY LIFE

NOTES & FREE THOUGHTS



AFTERNOON CHECK-IN

Taking a few moments each afternoon to reflect on your morning can be a powerful practice. It allows you to take stock of your achievements, identify areas for improvement, and gain a deeper understanding of yourself.

How am I feeling right now?

What is contributing to these feelings?

Is my mind focused or scattered?

What is occupying my thoughts the most this morning?

How can I redirect my thoughts to be more productive & positive?

Am I aligned with my intentions for the day?

Am I aligned with my intentions for the day?

What is one small action I can take right now to improve my emotional, mental, and spiritual well-being?

SELF CARE



ROLL A DIE AND
TAKE ACTION

EAT HEALTHY FOOD		GIVE A COMPLIMENT		CALL SOMEONE YOU LOVE
BUY YOURSELF A GIFT		DAILY JOURNAL		SPEND TIME WITH A LOVED ONE
	DO A SOLO ACTIVITY		NO PHONE DAY	
SKINCARE DAY		READ A NEW BOOK		LIMIT SCREEN TIME
	GO FOR A WALK		CHECK IN ON A FRIEND	

BEDTIME REFLECTION

Taking a few moments each night to reflect on your day can be a powerful practice. It allows you to take stock of your achievements, identify areas for improvement, and gain a deeper understanding of yourself.

What am I most grateful for today?

Where did I encounter challenges, and how did I handle them?

What did I learn today?

What made me feel fulfilled today?

What am I looking forward to tomorrow?

TAKE
TIME for
your
SELF

Get in touch



www.ekklesiaministry.com



thekklesia@outlook.com