

Self Care Kit

♥ caring for all aspects of you ♥

Introduction

♥ WHY SELF-CARE IS SO IMPORTANT

What Practicing Self-Care can Create:

- increase your ability to navigate feelings with ease, understanding and loving acceptance
- increase your connection to clear thinking, inspiration and motivation
- increase your awareness of your current habits and successfully choose healthy habits
- increase your productivity and effectiveness
- increase your self-love and fill your environment with love
- increase your acceptance and understanding of yourself and others
- increase your ability to relate with others from a confident, centered space of self-love and self-acceptance

Self-Care brings beautiful results to your health and entire life.

Some of the Risks of Neglecting Self-Care

“When I neglect my relationship with myself not much works in any area of my life, until I re-focus and start taking better care of me.”

“When I am not taking care of myself, I tend to get caught up in projections, expectations and unclear communication in my relationships.”

“When I haven’t cared for myself, I feel a lack of love, awareness, strength and worth.”



“When I am in a relationship and neglect my “me” time, it is more challenging to understand myself, my feelings and what I need.”

“When I neglect to consistently connect within, it is more likely I will become unbalanced in a co-dependent relationship.”

“When I am not loving and caring for myself, it feels hard to love and care for others.”



“When I’m out of alignment with myself, I feel less connected to the grace and support of Spirit.”

“When my need for rest goes unmet, my body suffers, I feel anxious and weighed down.

“When I neglect self-care, I have less energy and less inspiration. I often feel stuck, exhausted and unclear on what to do.”



“When I’m not taking time for me, my energy has the tendency to be scattered and drained. My level of productivity and effectiveness is greatly impaired.”

“When I’m not taking care of my energy, I have a tendency to fall into unhealthy and unsupportive habits.”

“When I ignore my body’s needs and push myself through responsibilities, I have a tendency to get lost in my emotions and become overly reactive, dismissive or feel depressed.”

♥ DEISRE FOR SELF-CARE

Self-Care is a potent opportunity to nourish all of you, transform your relationship with yourself, your body and live the life you desire.

We invite you to take a moment and envision a cozy, relaxing, loving environment that deeply nourishes you. Imagine feeling pampered, loved and deeply rejuvenated. And enjoying the benefits of being rested, loved, valued, nurtured and centered more often.

Imagine and feel the support of your best friend and your lover. Now imagine and feel that love and support is coming from you. Envision being the source of this deep acceptance, love and support.

Feel how this nourishes you. And in turn nourishes all areas of your life, as it is a gateway to connecting with your true self.

All of this is accessible to you by simply improving the quality of the time you spend with yourself.

The Self Care Kit is an invitation to easily enhance your Self-Care. It is an invitation to transform your relationship with yourself and enjoy more ease, connection, clarity and love in your life!

Inspirational Self-Care Quotes

Be the joy you wish to feel.
- SelfCareKit.com

The more you praise and celebrate your life, the more there is in life to celebrate.
- Oprah

You can look the whole world over and never find anyone more deserving of love than yourself.
- Buddha



Love yourself first, and everything else falls in line.
- Lucille Ball

I often felt a pressure to be always doing to “make things happen” until I learned to rest and saw the futility of over-thinking and over-doing.
- Anonymous



I have come to believe that caring for myself is not self-indulgent.

Caring for myself is an act of survival.

– Audre Lorde

Self-care is how you take your power back.

– Lalah Delia

Acknowledge, accept and honor that you deserve your own deepest compassion and love.

– Nanette Mathews

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Journal Inquiry

Introduction: Desire for Self-Care

1. What do I sense could be the short-term benefits of practicing Self-Care?
2. What could be the long-term benefits for me and my life in practicing Self-Care?
3. How could improving my Self-Care impact my relationships?

♥ To return visit SelfCareKit.com

♥ To be notified as soon as the Self Care Kit is available:

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