

A heart-shaped wreath made of pink roses and buds, arranged in a circular pattern with a heart-like shape in the center. The roses are in various stages of bloom, with some showing yellow centers. The green stems and leaves are visible, adding a natural touch to the design.

Self Care Kit

♥ caring for all aspects of you ♥

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By Joseph and Amaya

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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 create 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 your entire life!

Some of the Risks of Neglecting Self-Care that we've Heard

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

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

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



“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 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’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, I have a tendency to get lost in my emotions and become overly reactive, dismissive and/or feel depressed.”

♥ Desire 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 love and care 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 your 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



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 of practicing self-care?
3. How could improving my self-care impact my relationships?



Preparing for Extraordinary Self-Care

♥ Permission to Rest

Your rest is incredibly valuable to all aspects of your life and is a gift to those with whom you relate.

By resting, you are allowing your system to reset, recharge, and replenish. This allows you to give and share more of yourself with presence, love, clarity, and willingness. When we trust that rest is important, and allow ourselves to rest, we can show up for life in a healthy and balanced way.

Rest can nourish all parts of you and bring clarity and perspective to your life.

Rest is just as valuable as activity. Because life flows in a dance of opposites. Rest and action. Silence and sound. Internal and external.

Practice: *We invite you to take a moment and give yourself permission to rest, by stating out loud:*
“It is safe and okay for me to take the time and space, to rest.”

“To experience something, create space for it.” - Joseph Faust

♥ Creating a Sacred Space

Choose a space in your home to dedicate to your self-care practice. It can be as small as a table altar or as large as an entire room. Clean, organize, and clear the space to prepare the energy for this new purpose.

The key is to create a sanctuary for yourself. Establish this as a private, sacred space that allows you to feel protected in order to unwind and let your guard down. This is a space that supports you in feeling renewed and refreshed.

Bless the space with your intention to connect with yourself. Decorate this space in a way that is inviting and nourishing to you. Follow your intuitive sense, as you use the helpful tools below to best adorn your sacred space.

It can also be important to experience self-care spaces outside of your home; a peaceful nature spot or spa.

♥ Tools for Creating Your Sacred Space

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SelfCareKit.com

