

JOYFUL LIFE INTUITIVE GUIDANCE

SELF-CARE WORKSHEET

*For a healthy & happy
mind, body, and spirit*



Worksheet

SELF-CARE

mind

UNHEALTHY THOUGHT PATTERNS::

NEW THOUGHTS:

emotions

SELF REGULATION CHALLENGES

:

NEW PRACTICE:

body

UNHEALTHY CHOICES

:

BODY AFFIRMING CHOICES:

spirit

CURRENT LIMITING BELIEFS

:

NEW BELIEFS THAT CREATE FREEDOM:

Affirmations

mind

I HAVE CLARITY
I RELEASE OLD STORIES
I RECOGNIZE AND RELEASE THOUGHTS THAT HARM ME
I AM FREE FROM RIGID THINKING
MY MIND IS CALM AND STILL

emotions

MY FEELINGS ARE INFORMATION
I ALLOW MY EMOTIONS TO FLOW
I APPROACH MY FEELINGS WITH CURIOSITY
I AM ALLOWED TO FEEL MY EMOTIONS
MY FEELINGS TELL ME ABOUT MY THOUGHTS:

body

MY BODY IS WISE
MY BODY IS MY FRIEND & PARTNER
I ALLOW MY BODY TO REST
I ALLOW MY BODY TO SPEAK TO ME
I NURTURE MY BODY WITH KIND THOUGHTS
I HONOR MY BODY WITH GOOD BOUNDARIES

spirit

I ACKNOWLEDGE MY HIGHER SELF
I DO MY BEST EVERY DAY AND THAT IS ENOUGH
I AM SUPPORTED BY THE UNIVERSE
I AM A PART OF THE GREAT WHOLE
I AM A COMPLETE BEING:



You Got This!

THE
DISTANCE
between
DREAMS &
REALITY
is
ACTION

*Reach me
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