

Nourish & Replenish: A Soulful Self-Care

JOURNAL



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“Love yourself first and everything else falls into place.”

– LUCILLE BALL

Introduction

I have been a social worker and life coach for decades. Conversations about self-care among helping professionals are commonplace. Self-care and burnout prevention are two topics I am passionate about. I have taught on both topics regularly for over 25 years.

I love thinking about self-care as a soulful and sacred act, something we do to honour our health, well-being, and fulfillment in life. I have grown to appreciate that self-care is not just something we do, it is also a way of being.

***Soulful self-care* includes all of the thoughts, feelings, and actions you choose to focus on in order to nourish yourself in mind, body, heart, and spirit.**

Your mental, physical, emotional, and spiritual energy are created through acts of self-care that generate a sense of vitality, wellness, and joy in life and work. Attending to all four dimensions of the self, enables you to rejuvenate, replenish, energize and fully engage with your life and your well-being.

When it comes to self-care, it's important to remember, you're human and not perfect. Self-care is a process and it's not about perfection. It is about taking self-loving action in the direction of your well-being, health, and joy each day. It is the devotion to showing up for yourself and your own needs each day, or as often as possible, regardless of what else is going on in your life and despite how many other people and circumstances require your attention.

Self-care involves making yourself a priority in the midst of it all. Which can be easier said than done at times. Self-care can be a radical act.

May this Soulful Self-Care Journal give you time to reflect on your self-care and may the journaling itself be a self-caring moment in your day and life.

Enjoy!

“Self-care should not be something we resort to because we are so absolutely exhausted that we need some reprieve from our own relentless internal pressure. True self-care is not salt baths and chocolate cake, it is making the choice to build a life you don't need to regularly escape from.”

– BRIANNA WIEST

What is Self-Care?

- Self-care is any action you take on our own behalf that helps you feel relaxed, grounded, cared for and well.
- Self-care involves caring for your whole self – mind, body, heart and spirit.
- Self-care is an investment in your health and well-being.
- Self-care is the antidote to managing stress.
- Self-care can be the hardest to do when you need it the most.
- Self-care is the opposite of self-neglect.
- Self-care often means doing what you don't feel like doing in the present moment to benefit future you.
- Self-care is a decision to show up for yourself and your needs in loving and devoted ways.

“I don't think that the aim is to race through our days at rocket speed and then collapse in a heap at the end of the day on our couch or yoga mat and call that “self-care”. I think that self-care needs to be a moment-by-moment process, where we notice, we pause, we breathe, and then we keep on doing what we're doing, if we have to, or we take some time out to refuel and reset. Breathe, Reset, Refuel. Rinse, Repeat.”

– FRANCIOSE MATHIEU

Whole Person Self-Care

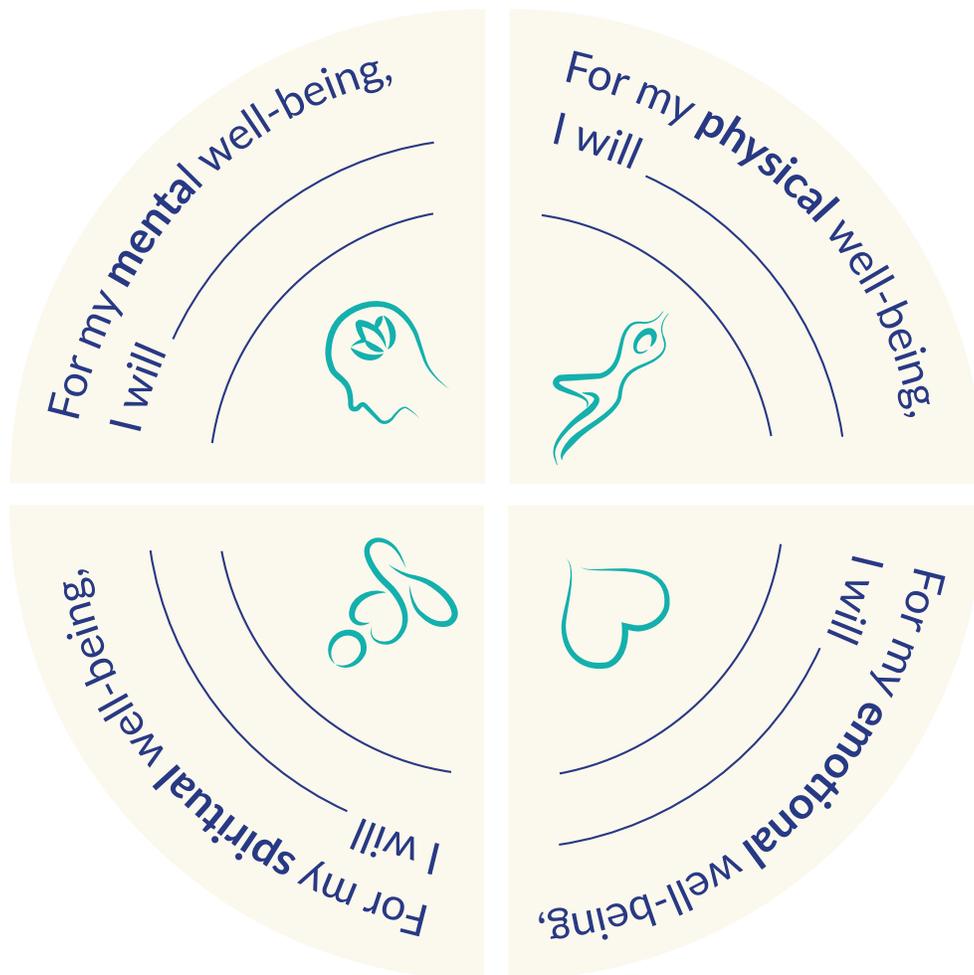
includes how you nourish your...

Mental Self-Care - healthy thoughts, positive mindset, mental rest

Physical Self-Care - healthy body, movement, exercise, nutrition, strength, hydration, sleep

Emotional Self-Care - inner peace, self-compassion, care for self and others

Spiritual Self-Care - meaning, purpose, connection, inner spirit



*Remember,
when it comes to self-care...
some is good,
more is better,
and every bit counts.*

Soulful Self-Care Journal Prompts

1. What does self-care mean to you?

2. Who first taught you about self-care, if anyone?

3. What helps you feel calm and grounded?

4. What self-care practices are part of your regular routine?

5. What three things are you doing right now that don't serve your highest good?

6. What limiting beliefs get in the way of your self-care?

7. How do you want your self-care practices to make you feel?

8. How do you replenish and recharge?

9. Who are your self-care role models and sources of inspiration?

10. How can you start your day in a self-caring way?

11. What is causing you stress right now?

12. Which acts of self-care help you manage or reduce stress in your life?

13. What acts of self-care make you feel happiest?

14. The things I most love most about my life are...

15. On a busy day, I can do the following to take time out for self-care...

16. I need to forgive myself for...

17. Three things I can do to improve my self-care routine are...

18. A habit I need to stop doing is...

19. In a difficult situation, I calm my nerves by...

20. My dream self-care filled life looks like...

21. If it was impossible to fail I would...

22. Do you have a good evening/sleep routine? If not, how could you change it?

23. What do I want my legacy to be?

24. What gets in the way of your self-care?

25. How can you overcome obstacles to your self-care?

26. Something new I've always wanted to try is...

27. In what ways could you step outside of your comfort zone?

28. What are your best qualities?

29. Which people make up your emotional support system?

30. If my body could speak, it would say...

31. Today, I can honour my health and well-being by...

32. I feel energized when...

33. Your best friend would describe you as...

34. One thing I struggle to let go of from my past is...

35. How do you show yourself compassion and kindness?

36. Write about when you feel the most confident.

37. What are some words you live by?

38. If you could wave a magic wand and change anything about your self-care, what would it be?

39. If someone described how they see you taking care of yourself, what would they say?

40. If your best friend was letting you know how you could improve your self-care, what advice might they offer?

41. What activities or moments make you feel most alive?

42. Write about the things you loved to do as a child.

43. The main things that drain my energy are...

44. To avoid burnout, I need to...

45. If I truly accepted, honoured and loved myself, I would...

46. The self-care lessons I have learned the hard way are...

47. My response to those who think self-care is selfish would be...

48. Today, I would love to spend my free time doing...

49. Three things I do well include...

50. The main thing on my mind right now is...

51. The things I love about my life are...

52. Something I would like to say “yes” to is...

53. Something I would like to say “no” to is...

54. I feel fulfilled when...

55. At this time in my life, my self-care is...

“Self-care is how you take your power back.”

– LALAH DELIA

Bonus Self-Care Journaling Activities



Write a letter to yourself from the perspective of someone who loves and cares for you unconditionally. What would this letter say?

“Talk to yourself like someone you love.”

– BRENÉ BROWN



Describe the best version of yourself, the version of you who engages in daily acts of self-care and self-love. What is this version of you doing differently than you are now (if anything)? Write about this with self-compassion and non-judgement. Just get curious and see what wants to emerge.

“Self-compassion is simply giving the same kindness to ourselves that we would give to others.”

– CHRISTOPHER GERMER



Write about a new self-care activity that you would like to try and why. Get out your calendar and book a self-care date for trying this new activity!

“The most powerful relationship you will ever have is the relationship with yourself.”

– STEVE MARABOLI



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