



## Self-Care Starter Kit

A gentle guide to help you restore balance, reconnect with yourself, and build sustainable self-care routines.

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### 1. Daily Ritual Tracker

**Goal:** Create space for grounding, energy renewal, and emotional clarity.

**Layout:** Two-column checklist for morning and evening rituals

**Morning Rituals:**

- 2-minute breathwork
- Gentle stretch or mindful movement
- Gratitude journaling
- Nourishing breakfast

**Evening Rituals:**

- Screen-free wind-down
- Herbal tea or calming music
- Affirmation reflection
- Mindful self-check-in



*Tip: Keep it visible - print and hang by your mirror or workspace.*

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## 2. Self-Reflection Journal Prompts

**Goal:** Strengthen emotional awareness and nurture self-compassion.

**Prompts to explore:**

- “What does rest feel like in my body today?”
  - “Where do I need more kindness?”
  - “What beliefs am I ready to release?”
  - “How can I show up for myself this week?”
  - “What boundary helped me feel safe recently?”
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## 3. Favorite Tools & Apps

**Goal:** Bring ease, connection, and grounding into daily life.

**Recommendations:**

- Grounding mat for sensory regulation
- Insight Timer – for breathwork and meditations
- Walking tracker – for forest walks and mindful strolls
- Spotify calming playlist – create one with rain, piano, or nature sounds



*Optional: Add a photo of each item to personalize this section.*

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#### 4. Mini Self-Love Challenge (7 Days)

**Goal:** Cultivate emotional strength and deepen your relationship with yourself.

Day	Practice
1	Write down 3 things you love about yourself
2	Take 10 minutes to sit in stillness with no distractions
3	Say one kind thing to yourself aloud
4	Forgive yourself for one mistake—write it out
5	Practice mirror affirmations
6	Create a loving playlist with songs that uplift you
7	Celebrate your progress with a small act of joy

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#### 5. Wind-Down Ritual Guide

**Goal:** Transition from overstimulation to restoration.

**Evening Guide:**

- Dimming lights 1 hour before bed
- Herbal tea ritual
- Journaling or voice-noting reflections
- Guided body scan meditation
- Reading or quiet music



*Try making your space sacred with cozy blankets, soft lighting, or aromatherapy.*

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## 6. Habit Stacking Cheat Sheet

**Goal:** Build lasting self-care habits by anchoring them to existing routines.

**Examples:**

- After brushing teeth    2-minute breathwork
- After logging off work    5-minute walk outside
- Before lunch    3 gratitude thoughts
- While waiting for coffee    Intentional affirmations



*Coaching Insight: Habit stacking turns intention into consistency.*



## 7. Personal Self-Care Values Worksheet

**Goal:** Define your unique path to self-care so it stays aligned and sustainable.

**Worksheet Prompts:**

- “I feel most restored when I...”
  - “To me, self-care means...”
  - “My body needs more...”
  - “My boundaries support me by...”
  - “Three things I will say no to this month...”
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