

5 Steps To Jumpstart Your Self-Care Journey



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Hello

I am Danielle Turner, LCSW multi-awarding winning therapist, best-selling author, podcast host of The Purple Butterfly Podcast and self-care advocate. I am the CEO of Inner You Clinical Services LLC which is a mental health wellness therapy group.

I have 20 years of experience in the mental health and wellness field. My mission is to help women moving through transitions learn the value of self-care so they can have a life full of peace and inner harmony.

Danielle
Turner
Self-Care Advocate



INTRODUCTION

Self-care is an ever-changing and personal journey that plays a crucial role in our happiness and well-being. By dedicating time to take care of ourselves, we not only prioritize what truly matters but also create inner peace and address our individual needs. This guide aims to help you improve your self-care in five simple steps, empowering you to seize control of your life, experience happiness, cultivate inner peace, and become the best version of yourself that you truly deserve.

"Caring for myself is not self-indulgence, it is self-preservation." - Audre Lorde

STEP ONE

Pay attention to your body's signals and maintain a diverse range of self-care activities that bring you joy. This way, you can discover healthy and effective solutions for your well-being. While exercise can initially feel great, sticking to the same routine for an extended period can become boring. Forcing yourself to engage in an exercise routine that you despise will not yield positive results. This mindset can be applied to various aspects, such as healthy eating or morning routines, which may provide short-term satisfaction. Therefore, it is essential to listen to your body and be open to making changes when necessary.



STEP TWO

Affirmations are seriously awesome! When you use affirmations every day, you're giving your mind a chance to embrace positive beliefs about yourself. They work wonders for boosting your self-confidence, changing your mindset, and giving your self-esteem a major boost. It's like a supercharged emotional self-care practice! Give these affirmations a shot:

- I totally love and accept myself.
- Taking care of myself makes me happy.
- I am fierce, amazing, and more than enough.



STEP THREE

No is a complete sentence...Periodt!

Just like affirmations, the more you start saying "no" to things that do not vibe with you or align with your purpose, the easier it gets to prioritize yourself over others. You have to do what serves you! Give these lines a go:

- "Thanks for asking, but I can't do it right now."
- "Sounds cool, but maybe next time."



STEP FOUR

Taking time for self-reflection is key to understanding the messages from your soul and ego. It's common to realize that you've been living with a mindset of scarcity and self-doubt instead of abundance. When you tune in to your soul's voice, you can identify the barriers that are hindering your self-care. Shifting away from a mindset of lack is a transformative step that helps address fears, unearth negative thinking patterns, and ultimately leads to a higher version of yourself. This newfound awareness empowers you to prioritize and nurture your own well-being.



STEP FIVE

Take a moment to imagine how your life will be when you make self-care a daily practice. Visualize the incredible feelings that will accompany taking care of yourself. Envision a life with reduced stress and the ability to handle challenges in a positive and effective manner. Picture yourself replenishing your own cup, experiencing inner peace, and feeling the profound harmony within your mind, body, and spirit. Allow yourself to fully embrace the transformative power of self-care and visualize the amazing impact it will have on your overall well-being.



RECAP

- Listen to your body: Pay attention to your body's signals and needs. Take care of yourself by responding to what your body is telling you.
- Affirm Self: Use affirmations to shift your mindset and cultivate positive beliefs about yourself. Boost your self-confidence and self-esteem through the power of positive self-talk.
- Say No: Set boundaries and say no to things that don't align with your values or serve your purpose. Prioritize yourself and your well-being by being selective with your commitments.
- Listen to your soul: Engage in self-reflection to understand the messages from your soul and ego. Identify any barriers or negative patterns that may be hindering your self-care journey.
- Visualization: Visualize the positive impact of self-care in your life. Imagine how it will feel to have decreased stress, the ability to handle challenges, and a sense of inner peace. Picture your mind, body, and spirit thriving with the presence of self-care.



"Self-care is giving the world the best of you, instead of what's left of you."

WHATS NEXT

WHATS NEXT



ARE YOU READY TO GET STARTED?

Are you ready to embark on your self-care journey? Follow these steps to kickstart your path to personal well-being and fulfillment!

- **Develop A Plan:** Write down all the activities you enjoy and that bring you peace. Think big, small and outside the box!
- **Schedule:** Add your self-care on your calendar. Even 10 minutes a day can have a big impact.
- **Put it into Action:** Now that you know what activities resonate with you and you have your self-care penciled into your calendar....take action and engage in your planned activity.
- **Monitor Your Progress:** Check in with yourself regularly to make sure your self-care routines and activities are still doing the job! If you find that you are losing motivation, getting bored or not seeing any benefits from a particular activity, switch it up and try something else off your list. Your self-care can evolve and change as needed.

So, by following these steps in this awesome e-book, you're building a solid foundation for your self-care journey. Embrace the incredible power of self-care, take care of yourself like a boss, and unlock all that amazing happiness and fulfillment you totally deserve. Get ready to embark on this kickass path of transformation and empowerment through self-care.

Oh, and guess what? I've got your back with some extra goodies too! I've included a daily journal page and a self-love checklist for you to rock. These tools will amp up your self-care game and help you dive even deeper into your journey.

If you find yourself still seeking guidance or longing for a more personalized approach to your self-care journey, know that I am here to assist you. I offer group coaching sessions and personalized consultations to help you overcome obstacles and make significant progress in your self-care endeavors.

Don't wait any longer to prioritize your well-being and happiness. Take the leap and commit to becoming the best version of yourself through self-care. Your journey starts now, and I am here to support you every step of the way.

"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort." - Deborah Day



NEED MORE INSIGHT & SUPPORT?

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DATE

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DAILY JOURNAL

YOUR THOUGHTS

GOALS

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YOUR DAILY CHECK OF SELF-LOVE

Say "I'm Beautiful" In Front of The Mirror	Take A Bath	Listen to Your Favorite Music
Use Face Mask	Take An Afternoon Nap	Eat Your Favorite Snack
Try Different Style of Clothes	Doodle Anything On A Paper	Gaze At The Afternoon Sky