



10 Days of Self-Care

Daily practices, prompts, and guidance to self-care

Hopeful Panda

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Welcome to the beginning of your self-care journey!

Self-care is a priority and a need. To put it simply, it means taking care of yourself so that you can be well and healthy. It means identifying and meeting your needs in a healthy way.

Self-care fosters a healthy, sustainable lifestyle and a better quality of life. When you spend some time to care for yourself, you can experience more pleasure, rest, and satisfaction in your daily life.

However, it can be hard to remember to practice self-care. This is where this journal comes into play.

This journal consists of daily self-care exercises, writing prompts, explanations, and advice to practicing self-care. Having a journal reminds you to practice self-care and keeps you accountable.

But self-care isn't a one-time deal or even a 10-day deal. Self-care is a bunch of little habits you get used to that grow into a lifestyle.

So whatever you take away from this process is up to you. Self-care is your choice to make.

We hope you enjoy your self-care journey with us and is able to take something positive away from this experience. You may begin whenever you're ready.

Sincerely,

The Hopeful Panda Family

Day 1



As I've said before, self-care should be a priority. You should set aside a little time each day to practice it. So this is what you'll be doing on this very first day.

Go to your calendar, planner, phone, or whatever else it is you keep your schedule in.

Look at it and see what part of your life or day you can let go of and take a little time out of it—let's say 30 minutes. 30 minutes can be several few-minute breaks or a full 30-minute break. The point is to give yourself *at least* 30 minutes each day to focus and care for yourself.

Once you found your time slot(s), reserve it for self-care. Write in "self-care", "me time" or whatever else you want to call it. Just this action itself sets the habit in motion. If it's physically in your schedule, you're more likely to do it.

You will take your "self-care" time to use this journal and practice self-care.

Next, I want you to think about why you want to self-care.

- * *What do you hope to get out of this self-care journey?*
- * *Do you want to feel better physically or emotionally?*
- * *Do you want to feel more energized, focused, healthy, rested, relaxed, balanced, happy, fulfilled, calm, cared for, or loved?*

Reflect on your answer on the next page.

As you write, think about how self-care can play a role in making it happen.

Day 2



We live in such a busy world today, constantly working on one thing after another that we forget to take a break sometimes.

I want you to think about your day-to-day life and everything you have to do.

There is a table below. *On the first column, list your usual daily activities from morning to evening.*

Then, *on the second column, write down whether you find each activity positive or draining.*

Positive activities give you pleasure. They make you feel happy, fulfilled, relaxed, content, rested, or energized.

Draining activities does the opposite. They make you feel tired, stressed, anxious, overwhelmed, or unhappy.

<i>Daily Activities</i>	<i>Positive or Draining</i>

Day 3



Taking care of yourself means taking care of *all* aspects of you—physically, mentally, emotionally, spiritually, and socially.

Think about how each aspect affects all the other aspects.

Your thoughts, feelings, beliefs, and attitudes can affect your physical body. What you do with your physical body can impact your mental and emotional state. And how your body and mind are affects your spiritual and social health as well.

As you can see, there is a complex interrelationship among all aspects of you that affects one another. Therefore, it's important to take care of yourself in each aspect to ensure wellness in other aspects.

So now, try to name at least one self-care practice for each aspect that you can introduce into your daily life. Try to be as specific as you can.

You can use the table below for ideas or inspiration.

<i>Physical</i>	Physical activity, healthy eating, getting enough sleep
<i>Mental</i>	Keeping your mind sharp, doing something creative, relaxation
<i>Emotional</i>	Self-reflection, healthy coping skills, self-compassion
<i>Spiritual</i>	Meditation, gratitude, connecting with nature
<i>Social</i>	Spending time with loved ones, forming new relationships, communication

For example, if you need to work on getting enough sleep, make your practice something like “be in bed by 10pm every night, even on weekends”. If you want to work on your spirituality and practice gratitude, it can be something like “name 3 things I’m grateful for everyday”.

Physical _____

Mental _____

Emotional _____

Spiritual _____

Social _____

You don’t have to focus on and do everything at once. It can be overwhelming and discouraging to do so. So it’s okay to take it slow and incorporate one thing at a time.

*Which area of your life needs more attention and care at the moment?
Why?*

Whichever area you selected as the one that needs more attention now, try to add the self-care practice you previously named into your daily life if possible.

Then, as you get more used to it, feel free to add more. But go at your own pace. It’s not supposed to be work. It’s self-care.

However, remember that life situations often shift. So reassess your life often to see if your self-care practices need to change. Don’t focus too much on one area that you end up neglecting others. It’s all about balance.

Day 4



As I mentioned the previous day, self-care isn't supposed to be work. It can be fun, pleasurable, relaxing, and whatever other positive feelings you can think of.

The point is to focus on yourself so you can feel better physically and emotionally.

If at any point any of the activities or writing prompts in this journal are making you uncomfortable or feel negatively, then by all means, feel free to change it, replace it, or skip it altogether. It's totally fine. Self-care is all about you.

So for today, let's just focus on something simple and fun.

What do you love to do? It can be a hobby, spending time with loved ones, or even simply watching TV. Spending some time to do what you enjoy can be healing and nurturing.

Name at least three things you love to do, whatever it may be.

Next, take a moment and briefly write about why you enjoy doing them and how they make you feel.

How often do you do these things? Why? What keeps you from doing them more often?

Now, choose one of the things you mentioned on the previous page and go do it!

Once you are done, come back and answer this.

How are you feeling now? Did you think what you just did was a waste of time? Why or why not?

Giving yourself a little time each day to do what you enjoy is not selfish. Not everything has to be productive or efficient. Like one of my favorite quotes says, “*Time you enjoy wasting is not wasted.*”

Your time in this world is limited. You might as well spend at least a little of it making yourself happy.

Look back at what you wrote. *Do you tend to feel positively or negatively about yourself? Or does it vary based on which area of yourself you're thinking about?*

Many of us struggle with negative self talk. While an inner critic can be a guide to help us improve ourselves, oftentimes, all it does is lower our self-esteem, making us feel like we're not worthy or enough.

But you are worthy and enough.

Instead of focusing on your flaws, why not focus on your qualities? You know there are good things about you, so spend some time to appreciate them.

List at least 3 positive things about yourself in these different areas.

<i>Professionally/ academically</i>	
<i>Socially</i>	
<i>Physical appearance/body</i>	
<i>Character/ personality</i>	

How are you feeling after that exercise?

If you feel uncomfortable, that's okay. Many of us struggle with thinking positively of ourselves.

The important thing is to realize that you have good qualities and to notice and appreciate them. It's okay to want to improve and work on your flaws, but don't obsess over them. Don't let them be all you see.

There's a difference between constructive criticism and straight up bullying yourself. So be careful not to cross that line.

Day 6



The past two days focused on mental and emotional self-care. So today, you will focus on physical self-care.

What are you currently doing to take care of your physical health?

Are there anything you need to work on in regards to taking care of your physical health? What health issues are you currently struggling with? What are you doing or what should you do to address these issues?

If you don't know where to begin, think about what issues or concerns popped up from your last check-up.

How are your cholesterol levels? Blood sugar levels? Vitamins? Weight? Blood pressure? Bodily systems?

Did the doctor advise you on making any lifestyle changes that will benefit your health?

If you haven't had a check up within the last year, now is the time to make an appointment for one.

It's best to stay updated on how your body is doing so you can catch issues early on and have the chance to fix it so it doesn't worsen. It's also the perfect opportunity to ask your doctor for advice or any questions you may have about your body or symptoms you may be experiencing.

Also remember to attend any follow-up appointments, follow your doctor's advice, and take medications or supplements as prescribed.

Taking care of yourself physically is the first step to living a healthy, sustainable life.

However, I'm not saying you have to be super strict with yourself. It's not about pushing or beating yourself up over how your health is. Be kind and patient with yourself. And most important of all, take care of yourself.

Day 8



You've done fun and thought-provoking things during this journey so far. So today is about relaxation and mindfulness.

Mindfulness is being fully present and engaged in the moment, aware of your thoughts, feelings, and sensations without judgment, distraction, and without becoming reactive to them.

Take whatever time you have for self-care today to do something relaxing, something that can calm your mind and help you feel at peace. Try to be somewhere free of distractions as you do this and unplug from all electronic devices.

Here are some suggestions on what you can do

- * Stare at the sky
- * Take a warm bath
- * Sit by the fire
- * Get a massage
- * Lay on the grass or sand outside
- * Do breathing exercises
- * Meditate
- * Use guided imagery

While you do this, try to notice how you are feeling emotionally and physically. Feel free to record these feelings, sensations, and thoughts as they come up on the next page. Here are some extra questions to help.

- * *What physical sensations do you feel? Are you warm or cold? Does any part of your body feel uncomfortable or in pain?*
- * *What do you hear? Smell? See?*
- * *What thoughts are going through your mind? Are you trying to push them away or are you letting your mind wander?*
- * *How are you feeling emotionally? Are you trying to push it away or are you letting yourself feel it?*

Day 10



You did it! You made it to the last day of this self-care journey. Congrats!

But remember, self-care doesn't end here. You will need to continue your self-care everyday and make it a part of your life. Once again, self-care should be a priority.

Do you ever celebrate yourself? If so, when do you do it? How do you do it?

For this last day, *treat yourself as a reward for sticking through with this self-care journey!*

Being kind to and celebrating yourself is a form of self-care. You can give yourself a literal treat or do something that will bring you pleasure.

Here are some suggestions

- * Order in from one of your favorite restaurants
- * Cook something fancy for yourself
- * Have a spa day
- * Go shopping and get yourself something nice
- * Treat yourself to a sweet treat
- * Take the day off and do something you enjoy

How were your 10 days of self-care? How are you feeling? Did you get what you hoped to get out of this journey?

What did you like or dislike about the process? Will you continue your daily self-care upon completing this journal? If so, how?

What self-care practices did you or would you like to add to your everyday life? Which practice will be or has been the most beneficial to you so far?

I hoped you learned to care for yourself and was also able to discover something new about yourself during this process.

I hope you are also able to adapt some of the self-care practices mentioned in this journal or inspired by this journal into your everyday life.

Keep on practicing self-care to make it a habit and a lifestyle. Just a little time each day can make a difference.

Thank you for taking your self-care journey with us. We hope you were able to take away something positive from it.

Sincerely,

The Hopeful Panda Family :)

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contact@hopefulpanda.com

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