

metamorphosis
presents

DEEP SELF-CARE

6 PRACTICES
TO DEEPEN YOUR
DAILY ROUTINE





*A daily self-care routine
might be just the thing you need to flourish and thrive.*

INTRODUCTION

Many of us don't address self-care until we are feeling overwhelmed or when stress is affecting our health. When you are proactively taking care of yourself, you'll find it easier to connect to your truth and live a balanced life. A daily self-care routine might be just the thing you need to flourish and thrive.

This self-care guide provides an introduction to self-care and wants to offer ideas that truly inspire and nurture you. Good luck!



*With love,
Talitha*



BENEFITS OF SELF-CARE

- *Self-care helps you to deal with your inner critic.* When you are being good to yourself and meet your own needs, your subconscious receives a positive message. You matter!
- *Increased self-knowledge and goal setting.* When you let go of things that no longer serve you, you create more time for things that matter. You have time to reflect on your goals and this helps you to focus on what you truly want and get things sorted out.
- *Improved physical health.* Never underestimate the impact of stress on your body. Self-care activities bring your body in a relaxed, rejuvenating modus, boosting your immune system. You will feel less stressed, strong and energized over time.
- *Cultivating self-compassion.* Self-compassion is an act of love, understanding and acceptance. Cultivating self-compassion, provides the resources you need to be compassionate to others. People who have self-compassion have greater social connectedness, emotional intelligence, happiness and overall life satisfaction.

6 SELF-CARE PRACTICES



PHYSICAL SELF-CARE

Most people think about physical activities when asked about self-care. True, it helps to stay in shape, blow off steam or clear your mind, but it's more than that. In this lifetime you are given one physical body, so you'd better take care of it in order to live a long, healthy life.

Practice yoga on a daily basis as it helps on body and mind level. Start with online courses before attending real life classes.

Learn more about your cycle & hormones and how this affects your life

Ask yourself if your anticonception method is serving you

Find out how much sleep you exactly need to feel energized and commit to it every day

Adopt a plant-based wholefoods lifestyle (but inform yourself)

Start using clean and natural skincare (and protect yourself from the sun)





EMOTIONAL SELF-CARE

Most of us learn to repress emotions. By tapping into these emotions, you learn to recognize them and deal with them.

It is healthy to acknowledge what you feel.

Reflect on your emotions and behavior in specific situations.

Journaling. Keep a dream or day journal and spend 10 minutes on it every day. You'll be surprised how this affects your mental state

Visit a counselor, coach or psychologist. It encourages personal growth

Spend time with people who you feel comfortable with

Cry when you feel like crying

Feeling nostalgic? Take time to look at old photo albums



SPIRITUAL SELF-CARE

Even if you aren't religious, this is a wonderful practice. Getting in touch with what matters to you, helps to give direction and develop a sense of purpose.

Meditate on a daily basis. If you are new, you could start with guided meditations. Later on, you could meditate in stillness. Meditate at home, in nature... The step towards doing it, is the biggest one

Start your day with affirmations:

"I have all that I need to make today a great day."

"Good energy is flowing through me."

*End your day with a list of things you are grateful for,
write them down.*



RESPECT THE CYCLE OF THE MOON



New Moon

I set my intentions and welcome abundance, growth and transformation.



Waxing Crescent

I relax, am open to guidance from the universe and feel excited about new possibilities.



First Quarter

I take action and start working towards my wishes.



Waxing Gibbous

I trust and know that my wishes will come at the perfect time. I make improvements and refine.



Full Moon

I release what no longer serves me and my soul creates space for what will come. I celebrate the moon and the goddess within me.



Waning Gibbous

I feel grateful for this cycle and the lessons I have learned. I share this with others and reflect on life.



Last Quarter

I take the wisdom from this cycle and direct it towards letting go. I feel a release and I trust in the process.



Waning Crescent

My intuition guides me as I relax into the silence. I'm grateful and I use this time to recharge.



New Moon

I enter the sacred space of my heart to manifest my dreams and wishes.

SENSORY SELF-CARE

Sensory self-care helps you to live in the present moment. This might be a challenge with today's distractions. It helps you to focus and concentrate on 'what is now', letting go of past or future events. Think about: touch, smell, sound and sight. Ask yourself which one you are most responsive to.

Discover the power of essential oils as they offer physical, emotional & spiritual support (www.metamorphosis.today/essentiallife)

Breathe consciously and feel your belly move up and down

Listen to music that fits your mood with closed eyes

Enjoy the warmth of the sun on your skin

Have a delicious meal to spoil your taste buds

Walk barefoot in the grass or in the sand

Hug!



SOCIAL SELF-CARE

This depends on your personality type. If you are introverted, you might need 'alone' time to feel fully energized, but others prefer spending time with others to charge the battery. One thing is sure: social connection is proven to be crucial for happiness and vitality.

Have a dinner date with someone you trust.

Reach out to someone you haven't seen or heard in a while

*Let go of people you are not feeling comfortable with
or ask too much of your energy*

Start a conversation with a total stranger that intrigues you

*Participate in a class, learn something new
and meet people at the same time*

Volunteer



MORE INSPIRATION

Be creative (paint your room, write poetry, draw ...)

Unsubscribe from newsletters you don't read

Set a time limit on your online behavior

Avoid using your phone or laptop at least one hour before going to bed

Go outside for lunch, soak up some sunshine and/or have some fresh air.

Visit a bookstore, cinema or museum on your own

Watch motivational videos

Share your knowledge about self-care with your partner, friends or family
and exchange ideas

Make your bed every morning

Start the day with a glass of lemon water

Massage yourself or massage someone else

Write a letter to your younger self and a letter to your older self.

Go for a 1-day full digital detox or social media detox.

Clean your desk or workspace and do the chores you have been putting off.

Take off a day from work to charge your battery if you need it. It's totally fine

Read, read, read without distractions in a comfortable position

Have a look at yourself in the mirror and tell yourself you're worthy

Plan a full day for only yourself and do what makes you happy

Sit on a bench and observe people walking by

Take 20-minute naps



ASK YOURSELF...

- ☐ Am I getting enough of sleep?
- ☐ Am I eating healthy and balanced?
- ☐ Am I exercising regularly?
- ☐ Do I take time to relax?

THEN YOU THINK ABOUT...

What do I need to change so I can take better care of myself?

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SO YOU CONCLUDE...

What are my priorities and how can I honor them better?

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What are 5 things you can NOT do, that will make your life immediately better?

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NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

EDITOR'S NOTE

As transformational coach I want you to live a fulfilling life on your own terms. If you are pursuing deep personal growth or find yourself at a crossroads in your life, I'd like to invite you for a **free discovery session**.

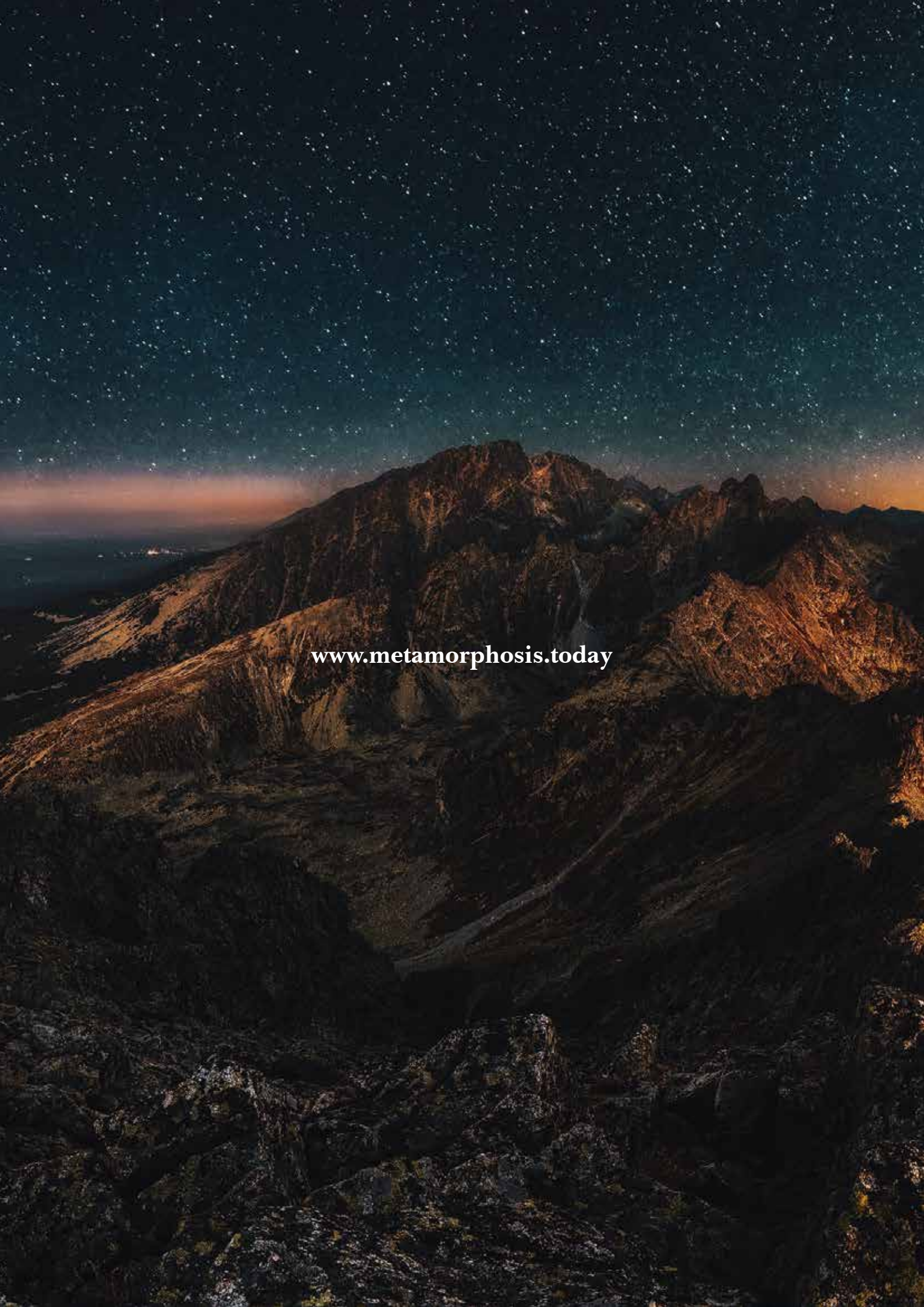
Curious? I'd love to hear your story. Schedule your discovery session on the website. Or find me online and connect.



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