



**THIS GUIDE
BELONGS TO:**

ABOUT THE AUTHOR

For years, Destiny Harris has served as a useful source for those seeking inspiration, help, or advice. When Destiny finally decided to own that role and be intentional about it her blog was born. Destiny started writing about her passions, thoughts, and curious wonderings about our world. Destiny founded Educated Black Queen with a mission to educate, cultivate, and empower other beautiful black queens by sharing her story. Destiny is a former Newsroom Writer for the Boca Raton Tribune and Public Ally of Central Florida.



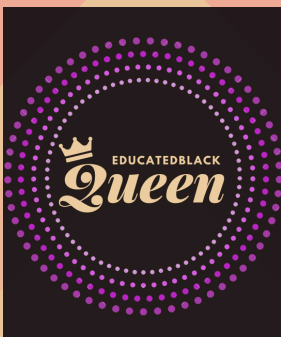
Contact:

Instagram: @edu_catedblackqueen

www.edublackqueen.com

Harristdestiny@gmail.com

(407) 801-2686



- Beginner's Guide To -



PRACTICING SELF-CARE

THIS SELF-CARE GUIDEBOOK IS MADE TO UPLIFT, ENCOURAGE, AND BOOST CONFIDENCE. SELF LOVE AND SELF-ESTEEM STRATEGIES ARE PROVIDED THROUGHOUT THE GUIDEBOOK!

INTRODUCTION

Congratulations, you are beginning your self-care guided journey by purchasing my guide! This is your chance to make the most of "me-time" and live a more confident lifestyle!

Completing an entire guidebook can seem like a huge task. But that is why I am here to break it down into fun and engaging sections which gives you a chance to take your time to read and complete each activity at your own pace.

I promise that you do not want to miss out on all the self-growth and holistic development you'll gain through these self-care practices. Go ahead and explore each section you deserve a little extra love and time for yourself.

Perks

This guidebook allows you to implement self-care practices with ease and prompts you to reflect on your goals and well-being in an organized manner. When you're done with this guidebook you'll feel more confident and empowered to love yourself right away. This innovative guidebook includes:

- Self-Care Journal Prompts
- A Self-Care Monthly Challenge
- A Self-Care Reading Log
- Self-Care Planner Inserts

This guidebook will help save you so much time and money on loving yourself. I am so grateful that you are taking this opportunity to invest in yourself and love yourself as much as I do! It's time to evolve your self-care!

Destiny Harris

Destiny Harris

TYPES OF SELF-CARE

- Prayer
- Commitment to Values
- Helping Others
- Healing from Past Trauma

- Healthy Sleeping Habits
- Eating Nourishing Foods
- Staying Active
- Staying Hydrated

SPIRITUAL

PHYSICAL

Wellbeing

EMOTIONAL

MENTAL

- Positive Self-Talk
- Setting Healthy Boundaries
- Being Vulnerable
- Acknowledging Your Feelings

- Learning New Things
- Stress Managements
- Alertness
- Relaxing and Taking Breaks

SELF-LOVE LANGUAGES

WORDS OF AFFIRMATION

Do: Communicate with kind words & compliments

Don't: Criticize or partake in negative self-talk

QUALITY TIME

Do: Disconnect from social media & go for walks

Don't: Compare yourself to others or isolate yourself

ACTS OF SERVICE

Do: Help others
clean/declutter your house or room

Don't: Ignore others request

RECEIVING GIFTS

Do: Give gifts on special occasions, invest in yourself & accept gifts with gratitude

Don't: Forget special days

PHYSICAL TOUCH

Do: Take long showers, meditate, give yourself hugs and cozy up in warm blankets

Don't: Harm your body

CARE FOR THE SENSES

Self-Care can look different for everyone. Get in tune with the five senses: Sight, smell, sound, taste, and touch with this daily practice checklist. Be mindful of each section and check off something you did to engage your senses.

1. SIGHT

- Read a book you enjoy
- Watch a funny video
- Gaze at the clouds in the sky
- Color/paint a mandala

2. SMELL

- Light a candle
- Diffuse essential oils
- Inhale flowers
- Take five deep breaths

3. SOUND

- Listen to calm white noise for slumber
- Listen to a motivational podcast
- Listen to an audiobook
- Dance to your favorite song

4. TASTE

- Cook yourself a meal
- Mindfully chew a piece of fruit
- Drink a hot cup of tea or cocoa
- Take a snack break

5. TOUCH

- Make a bath bomb/body scrub
- Give yourself a facial
- Wash your hair/paint your nails
- Massage oil on neck or behind ears

SELF-CARE READING LOG

Read a book for relaxation

DATE	WHAT I READ

GRATITUDE EXERCISE

DATE:

MOOD:

See tutorial videos here: <https://www.edublackqueen.com/post/quarantine-edition-gratitude-challenge>

COUNTING MY BLESSINGS

Writing out your thoughts and feelings helps you reflect on your actions and set your intentions for the future. Taking the time to be grateful for what you have can boost your mood and cultivate positive energy. For this exercise, write down at least 10 things that you are grateful for today.

SELF-CARE AFFIRMATIONS



I AM EDUCATED

I AM BEAUTIFUL

I AM ENOUGH

I AM KIND

I AM WORTHY

I AM MOTIVATED

I AM TAKING TIME TO PRACTICE SELF-CARE

I AM FINANCIALLY PROSPEROUS

I AM SUCCESSFUL IN EVERYTHING I DO

I AM SUPPORTED

I AM BLESSED

I AM CONFIDENT

I INSPIRE THOSE AROUND ME

I LOVE & ACCEPT MYSELF FOR WHO I AM

do it for you

BODY POSITIVITY CHALLENGE

Liberate Your Body!

Let's talk about body image.

Close your eyes
& take ten deep
breaths

Look in the
mirror & thank
your body with
kind words

Make a playlist
to yourself about
loving your body

Treat yourself to
a spa day at
home

Mindfully move
your body & be
present as you
exercise

Hydrate your
body

Spend no more
than 20 min on
social media
today

Wear your
favorite outfit

Go to sleep
early

Reorganize
your workspace

Take a selfie and
smile

Write yourself
a love letter

It's time for you to start your body positivity journey & claim your space by nurturing your body and embracing every curve, stretch mark, beauty mark, strand of hair, dark spots, & rolls. You deserve to love yourself unapologetically.

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SPIRITUAL GOALS

DATE: _____

GOAL DATE: _____

CURRENT PRACTICE

NEW PRACTICE

BIG

WHY?

EMOTIONAL GOALS

DATE: _____

GOAL DATE: _____

CURRENT PRACTICE

NEW PRACTICE

BIG

WHY?

PHYSICAL GOALS

DATE: _____

GOAL DATE: _____

CURRENT PRACTICE

NEW PRACTICE

BIG

WHY?

MENTAL GOALS

DATE: _____

GOAL DATE: _____

CURRENT PRACTICE

NEW PRACTICE

BIG

WHY?

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USE DAILY

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Today I am thankful for...

I am looking forward to....

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I feel the most calm when practicing...

My preferred love language is...

I can help myself by...

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YOU DID IT!

You have completed the self-care and well-being guidebook! Thank you so much for downloading this guide, choosing to love yourself, and taking care of yourself with compassion and kindness. I am so proud of you!

To learn more about self-care and participate in more monthly challenges and activities check out my blog at <https://www.edublackqueen.com/>. Be sure to tag us @Edu_catedblackqueen on social media and stay engaged on the wix app.

