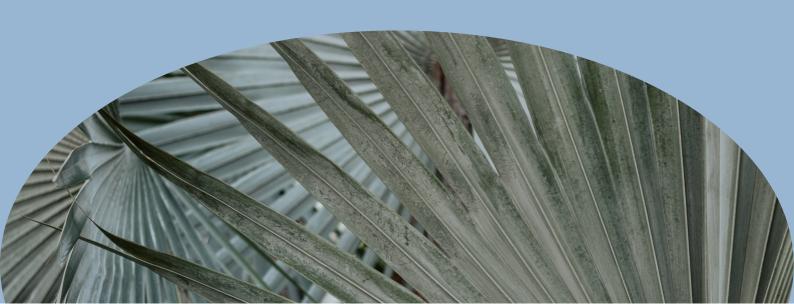


JOI'S JOURNEY

SELF-CARE WORKBOOK

PRITABLE



Hello!

As the colder months approach, it's important to be mindful of our mental health and well-being. The winter months can be tough for many of us, so it's essential to have a self-care routine in place to help us get through the season.

purejoi18.com

Joi White

About the Process

The winter season can be tough on our mental health. The shorter days and long, dark nights can lead to feelings of sadness, loneliness, and anxiety. This is why it's so important to make self-care a priority during this time of year. Ithy.

But what does self-care actually mean? Self-care is anything we do to intentionally care for our physical, mental, and emotional health. It's about taking the time to do things that make us feel good, both physically and mentally. To help you get started, I've put together a winter self-care checklist. This checklist is designed to help you take care of yourself during the winter months, so you can get through the season feeling happy and healthy.

YOUR THOUGHTS:

FULL PAGE COPY

LAYOUT

SELF-CARE CAN LOOK DIFFERENT FOR EVERYONE, BUT THERE ARE SOME KEY ACTIVITIES THAT CAN HELP US ALL TO STAY WELL DURING THE WINTER MONTHS. FROM GETTING OUTSIDE FOR SOME FRESH AIR TO WRITING IN A JOURNAL, THESE SIMPLE PRACTICES CAN MAKE A BIG DIFFERENCE TO OUR MENTAL HEALTH.





STICK TO A ROUTINE: WITHOUT A ROUTINE, IT CAN BE HARD TO STAY CONSISTENT WITH YOUR SELF-CARE PRACTICES. SO TRY TO STICK TO A ROUTINE THAT WORKS FOR YOU

DON'T BE TOO HARD ON YOURSELF:
REMEMBER THAT SELF-CARE IS ABOUT
TAKING THE TIME TO DO THINGS THAT MAKE
YOU FEEL GOOD, BOTH PHYSICALLY AND
MENTALLY. IF YOU DON'T FEEL LIKE DOING
SOMETHING ON YOUR LIST, DON'T FEEL
GUILTY.

MAKE IT A HABIT: HABITS ARE EASIER TO STICK TO. SO IF YOU WANT TO GET THE MOST OUT OF YOUR SELF-CARE CHECKLIST, TRY TO MAKE IT A HABIT

To help you get through the winter season feeling your best, here's a winter self-care checklist

Get outside: As much as possible, get outside and enjoy the fresh air. Even if it's just for a few minutes, a dose of fresh air can make all the difference when it comes to our mood and energy levels

Stay active: Exercise has been proven to help boost our mood and energy levels. Try to stay active during the winter months. Even if it's just going for a brisk walk, a little exercise can go a long way.

Wait there's more

Practice mindfulness:
Mindfulness helps us to stay connected with the present moment. When we're mindful of our thoughts and feelings, we can learn to respond to them in a more productive fashion.

To help you get through the winter season feeling your best, here's a winter self-care checklist

4 5 6

Eat healthy foods: Eating healthier foods helps to keep our energy levels up and give us the nutrition we need to stay healthy.

Get enough sleep: Sleep is essential when it comes to our physical and mental wellbeing.

Make sure you're getting enough sleep every night to ensure you're your best self.

Wait there's more

Connect with friends:
Connecting with friends
and family helps us to
stay connected and feel
supported. Even if you
can't get together in
person, take the time to
connect virtually during
the winter months.

SELF-CARE

INTENSIONS

DAILY AFFIRMATIONS	TODAY I AM GRATEFUL FOR ————————————————————————————————————		
TODAY'S TOP GOALS			
O1			
02			
03			
SCHEDULE	WATER SLEEP MOOD NOTES		



FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT.

MORNING SELF-CARE
NIGHT SELF-CARE

YES. / NO

CHECKLIST

AS YOU READ EACH QUESTION, SIMPLY TICK "YES" IF YOU AGREE OR "NO" IF YOU DISAGREE WITH THE STATEMENT.

O1	HAVE YOU CHECKED IN WITH YOURSELF TODAY?	YES	NO
02	DID YOU WORKOUT TODAY?	YES	NO
03	DID YOU MAKE YOUR BED TODAY?	YES	NO
04	DID YOU HAVE ONE HOUR AWAY FROM TECHNOLOGY?	YES	NO
05	HAVE YOU SPOKEN KINDLY TO YOURSELF TODAY?	YES	NO
06	HAVE YOU DONE SOMETHING NICEFOR YOURSELF TODAY?	YES	NO
07	HAVE YOU JOURNALED TODAY?	YES	NO
08	DID YOU DRINK WATER TODAY?	YES	NO

SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	SPECIFIC WHAT DO I WANT TO ACCOMPLISH?	
M	MEASURABLE HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	ACHIEVABLE HOW CAN THE GOAL BE ACCOMPLISHED?	
R	RELEVANT DOES THIS SEEM WORTHWHILE?	
	TIME BOUND WHEN CAN I ACCOMPLISH THIS GOAL?	



PART TWO

We're also taking the time to focus on ourselves rather than worrying about everyone else. Self-care helps us to restore our energy, practice self-compassion, and strengthen our relationships with others. During the winter months, it's especially important to prioritize self-care

Trust yourseff.

The Importance Of Self-Care

PART ONF

Self-care plays an important role in our overall wellbeing, and it's especially important during the colder months. Self-care is about taking the time to do things that make us feel better both physically and mentally. It can be anything from taking a relaxing bath to going for a walk to spending quality time with friends. When we take the time to practice self-care, we're taking a proactive step

towards ensuring our health and wellbeing.



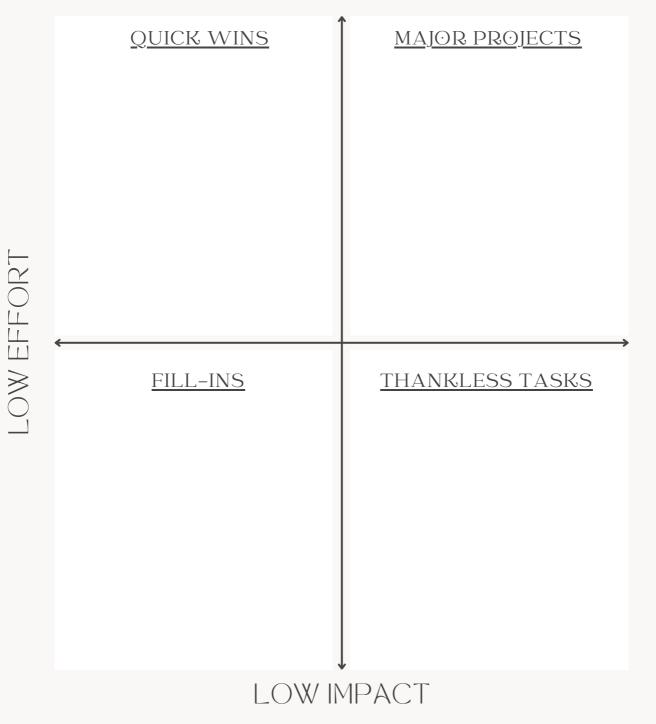
The holidays can be a stressful time, and the shorter days and long, dark nights can take a toll on our mental health. Self-care helps to give us the energy, strength, and wellbeing needed to make it through the winter unscathed.

ACTION PRIORITY

MATRIX

THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALISE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.

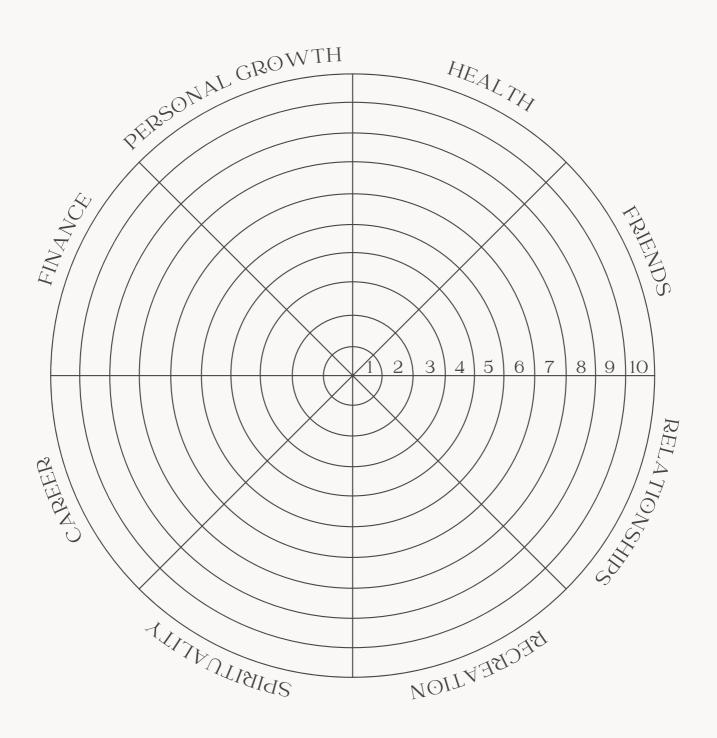
HIGH IMPACT



HIGH EFFORT



THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.





HABIT TRACKER

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

S	\bigcirc M	T	W	T	F	S



FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
FAMILY			
FRIENDS			
WORK/ SCHOOL			
BODY			
MENTAL HEALTH			
SPIRITUALITY			

WEEKLY GOALS TRACKER

WEEK OF:

	MY GOALS	MY FEELINGS	DONE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

UNDERSTANDING

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION. USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:
WHAT WILL THIS GIVE YOU?
AND WHAT WILL THIS GIVE YOU?
AND WHAT WILL THIS GIVE YOU?
AND WHAT WILL THIS GIVE YOU?
SO, WHY IS THIS GOAL IMPORTANT?

At Last



To ensure you're making the most of your winter self-care checklist, here are some tips for implementing it: 1. Stick to a routine: Without a routine, it can be hard to stay consistent with your self-care practices. So try to stick to a routine that works for vou. 2. Don't be too hard on yourself: Remember that selfcare is about taking the time to do things that make you feel good, both physically and mentally. If you don't feel like doing something on your list, don't feel quilty. 3. Make it a habit: Habits are easier to stick to. So if you want to get the most out of your self-care

checklist try to make it a habit

Self-care is an important part of staying healthy and happy during the winter season. With the help of my winter self-care checklist, you'll be able to make it through the season feeling refreshed and energized. Remember to stick to a routine, don't be too hard on yourself, and make it a habit. With a little effort, you can ensure you're your best self all winter long.

Joi White



I'm so excited to continue producing helpful content for you, please reach out to learn more.

Be sure to share with a friend and subscribe to not miss out on more freebies.

