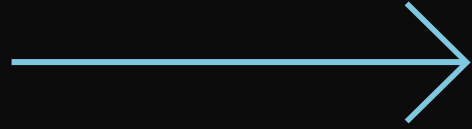


IYO® THE SELF-CARE

Workbook



You Matter

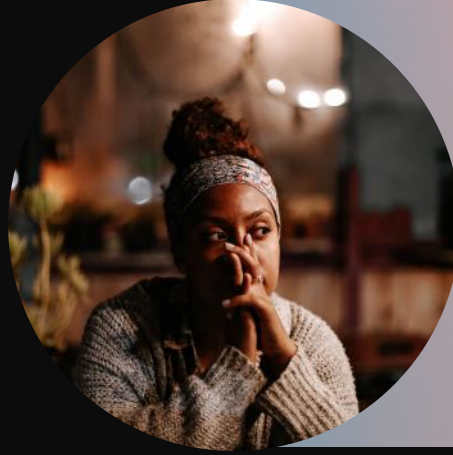


Table of Contents

- 1 Introduction
- 2 A Day in your Life
- 3 Fun vs. Not So Fun
- 4 Excuses
- 5 The World Around You
- 6 Reframing Excuses
- 7 Self Care Routine Checklist



Introduction



Let's face it, all of us, more or less, have been through some kind of events or situations that have led to self deprecation to some extent.

We may even have forgotten to tend to ourselves, to show ourselves some care amidst overwhelming episodes of guilt, shame, loathing and misery.

But your past shouldn't define you. You should not be so hard on yourself for something you did in your past. Let's be more caring to ourselves, let's be more forgiving.

This workbook will guide you step by step through a self care routine, allowing you to heal and love yourself a bit more everyday as well as the world around you.

Let's spread some positivity!



A Day in Your Life



What does a regular day
in your life look like?

1

6:00am - Wake up

2

7:00am - Morning coffee

3

4

5



Fun vs. Not Fun

In your day to day activities, which tasks do you derive the most dopamine from? Which tasks do you like less?

Fun	Not Fun

Excuses

Do you tend to yourself everyday like
a gardener tends to their plants?



Yes



No

If your answer is Yes, what
do you do that you see as self-care?

If your answer is No, what are your excuses?



Reframing Excuses

If you've been depriving yourself of that 1 hour break for reading on grounds that you have lots of work to do, this is you being ignorant and rash to yourself. Your work can wait, you and I both know that.

Excuse	Reality
	If I finish my work early, I will have time to read a book

Self Care Routine: **Body**



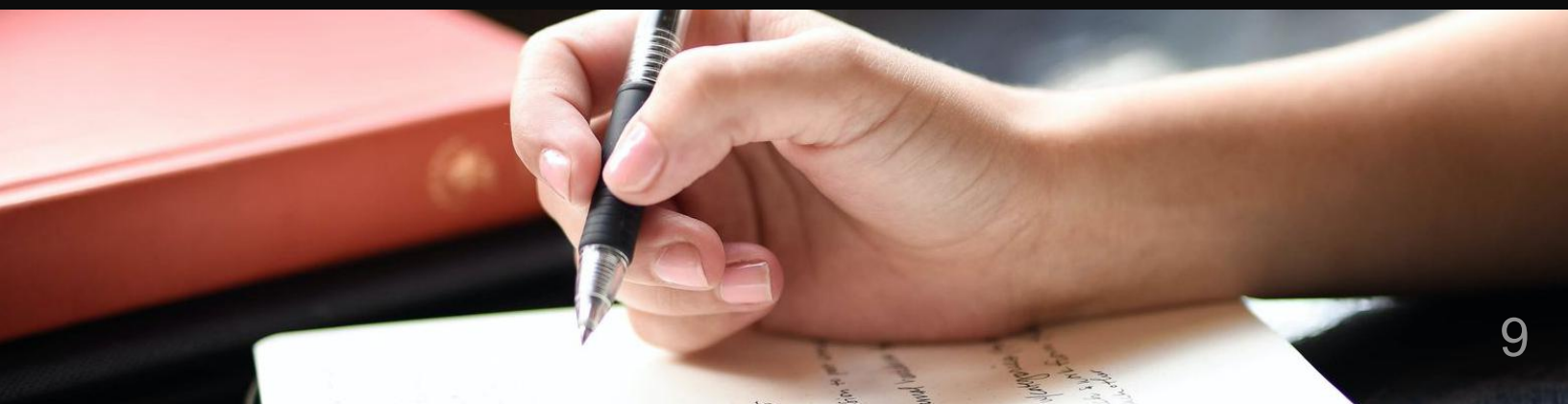
- ☐ Exercise
- ☐ Eat healthy
- ☐ Drink healthy
- ☐ Sleep enough
- ☐ Walk, walk, walk
- ☐ Cycle
- ☐ Enjoy a sport





Self Care Routine: Mind

- ☐ Meditate
- ☐ Read books
- ☐ Write a journal
- ☐ Paint pictures
- ☐ Make a garden
- ☐ Learn to play music





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