

# *self-care rituals*

for Summer of 2021 Reset

## *affirmation*

I am creating a summer where I am loving, honoring, and caring for myself daily. I am resetting from habits and patterns that don't serve me. I am listening to my wild, sweet heart, and nurturing it's deepest desires.



# heart meditation

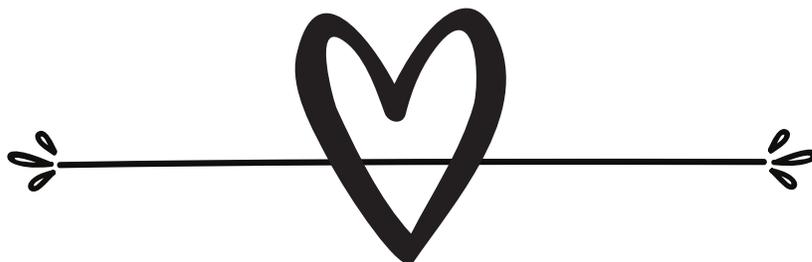
Before we get started, let's get centered and connect to that heart full of loving intelligence. Here is a little heart meditation to practice opening your heart and feeling more love and gratitude.

1. Find a quiet spot and settle in. Get comfortable. You have arrived on your journey of great self-love and self-care! Take a few deep breaths. There is no need to hurry or rush. Tell yourself "thank you" for taking this time for yourself.
2. Now, it's time to get connected to your resilient, joyful, playful, intelligent, loving heart. Begin by placing one or two hands over your heart to help focus your attention there. You may want to massage your heart area, or even tap on your heart area to wake it up and make a connection to it. Begin to shift your attention away from your mind and surroundings to the area around your heart. Massage your heart area for a minute or so to focus your attention there.
3. Now with one hand or both hands over your heart, begin to breathe intentionally through your heart area. In and out, big breaths, in and out of the heart area. Take your time here, and do this for several minutes, 5 even 10. Notice your body calm down and relax.
4. Now it's time to activate a feeling of gratitude and love in your heart. Begin by saying, "I am so very grateful for \_\_\_\_\_", keep repeating and acknowledging what you are grateful for. Do this for several minutes, "I am so very grateful for \_\_\_\_\_." Notice a feeling of gratitude well up in your heart. You are intentionally shifting your focus to gratitude, and paving the way for an open heart.
5. Now it's time to activate a feeling of love in your heart. Recall someone you love, or a special time or place in your life you loved, and feel the feeling of it in your heart. Enjoy this feeling, soak it in for a little while.
6. If your heart is feeling closed or sad, go gentle. You can say to your heart, "open and release my sadness or heaviness". Give it a try! You can ask your heart to open and let go of the sadness.
7. When you are done, release a wish or intention for the day that you will love and care for yourself in all sorts of ways.

# Let's Get Started...

A good place to start is to check in on this important question...how are you treating yourself?

Answer this question with honesty and a gentle touch, just notice, what's going well? How are you good to yourself? And what might you want to change or pay attention to?

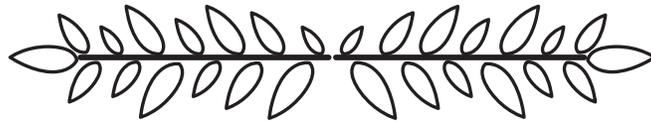


# self-care rituals plan

Let's start indulging in self-care rituals that send a message to our mind, body, and heart that we love it and care for it!

Let's practice rituals that restore and replenish us.

Let's not stop with 1 or 2, let's practice rituals all summer long!



As you read the blog post, which self-care categories sounded inviting? Which 1 or 2 categories got your attention? Which ones sounded joyful to explore?

In that category, what self-care rituals got resonated with you? What rituals do you love that weren't in the blog post? What sounds joyful and fun? How do you want to indulge in caring for yourself?

How can you start putting your self-care rituals into practice - when can you start? What's your plan to begin?

What will be needed? What obstacles might get in the way?

*daily* Log for week of: \_\_\_\_\_

How I practiced self-care..

*monday*

.....

*tuesday*

.....

*wednesday*

.....

*thursday*

.....

*friday*

.....

*saturday*

.....

*sunday*

# a little *reflection...*

What rituals have you put into practice?

How do they make you feel?

What rituals do you want to do more of? What sounds restorative?

What are you realizing you really love and appreciate about yourself?

What are you noticing that doesn't serve you, that you want to let go of?

If you slow down, and notice how you feel, how is your wild, sweet heart nudging and inspiring you?

