









AWAKEN
YOUR
BEST SELF

Guided Journaling for Wellness

By: Jennifer Keable

-  What are the physical, emotional, and mental signs that indicate you need more self-care in your life? How can you recognize and respond to these signals?
-  Think back to a time when your mind and body were thriving, what allows your mind to thrive? What allows your body to thrive?
-  Reflect on the self-care activities that align with your values and passions. What activities/routines come to mind for you?
-  List five small, easily achievable self-care actions you can take today or this week.
-  What do I need to start doing in order to make this self care happen? What do I need to stop doing in order to make space for my self care?
-  Explore the idea of setting boundaries in your life to protect your self-care time and energy. What boundaries can you establish to prioritize self-care?

**You deserve the most amazing version of you
it's time to claim her!**

I'm here to help you reclaim her!

Email: jennifer@jenniferkeable.com

403.630.8066



Explore any guilt or resistance you might feel when it comes to taking time for self-care. What beliefs or thoughts contribute to these feelings, and how can you address them?



Consider your self-care support system. Who are the people in your life who can encourage and support your self-care journey?



Reflect on the impact of self-care on your overall well-being and productivity. How does taking care of yourself benefit other areas of your life?



Imagine yourself a year from now, having consistently practiced self-care. Describe the positive changes and benefits you've experienced. Explore any guilt or resistance you might feel when it comes to taking time for self-care. What beliefs or thoughts contribute to these feelings, and how can you address them?

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