



# SELF CARE *for* WOMEN

A comprehensive guide to self-care for  
busy women.



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# WELCOME

Welcome to this ebook on self-care for busy women! It can be challenging to find time for yourself amidst the demands of today's hectic world, work, and daily life. However, taking care of yourself is essential for your overall well-being and happiness.

In this ebook, we'll explore the importance of self-care and provide practical strategies and tips for incorporating self-care into your daily routine. We'll cover a range of topics, including identifying your self-care needs, developing self-care practices for physical, emotional, and mental well-being, and staying motivated for long-term self-care.

Whether you're busy in your business, work, or life in general, and you are looking to prioritize self-care, this ebook is for you. We hope the information and insights provided here will inspire and empower you to make yourself a priority and live a happier, healthier life.

Thank you for choosing this E-book, and we wish you all the best on your self-care journey!

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# INTRODUCTION

You probably picked up this self-care guide because you juggle multiple roles and responsibilities, and often feel like there aren't enough hours in the day to get everything done.

In the midst of all the busyness and chaos of every day life, it's easy to overlook your own well-being. You may feel guilty or selfish for taking time for yourself, or you may simply not know where to begin. But the truth is, self-care isn't a luxury or an indulgence – it's a necessity.

Self-care is about taking intentional actions to care for your physical, emotional, and mental health. It's about recognizing your needs and priorities, and making choices that support your overall well-being sometimes at the risk of looking selfish. When you prioritize self-care, you're better able to show up as the best version of yourself – for your family, your work, and your own happiness.

In this ebook, we'll explore the ultimate guide to self-care for the modern day woman who is busy, on a mission, and often on the go. We'll discuss practical strategies for incorporating self-care into a busy schedule, as well as self-care practices for physical, emotional, and mental well-being. You'll learn how to identify your self-care needs and priorities, and how to make self-care a long-term practice that supports your health and happiness.

So whether you're struggling to meet the demands of life or work, this ebook is for you. It's time to prioritize your own well-being, and I'm here to help you do just that.



# IDENTIFYING

## SELF-CARE NEEDS AND PRIORITIES

The first step in developing a self-care practice is to identify your unique needs and priorities. This can be challenging, especially if you're used to putting others first and neglecting your own needs. Here are some strategies to help you identify your self-care needs and priorities:



### ASSESS YOUR CURRENT WELL-BEING

Take a moment to reflect on your physical, emotional, and mental health. Are you experiencing any physical symptoms or discomfort? Are you feeling stressed, anxious, or overwhelmed? Are you struggling with any particular emotions or thoughts? Identifying areas of challenge can help you identify where you need to focus your self-care efforts.



### REFLECT ON YOUR VALUES AND GOALS

What is important to you? What are your long-term goals and aspirations? How do your values and goals align with your current lifestyle and habits? When you have a clear understanding of your values and goals, it can help you make choices that support your overall well-being.





## CONSIDER YOUR DAILY ROUTINES AND HABITS

Take a look at your daily habits and routines. What activities or behaviors bring you joy and fulfillment? What drains your energy or causes stress? Identifying patterns in your daily life can help you prioritize self-care activities that align with your needs and values.



## LISTEN TO YOUR INTUITION

Sometimes, we know what we need deep down but struggle to listen to our intuition. Take some time to quiet your mind and listen to your inner voice. What does your body and mind need right now? Trust your intuition and make choices that feel right for you.

Once you've identified your self-care needs and priorities, it's important to make a plan for incorporating self-care into your daily life. In the next section, we'll discuss practical strategies for incorporating self-care into a busy schedule.





You Yourself, as much as anybody in the entire universe, deserve your love and affection.

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BUDDHA

# STRATEGIES

## FOR INCORPORATING SELF-CARE INTO A BUSY SCHEDULE

When you're juggling multiple responsibilities, finding time for self-care can feel like an impossible task. However, making self-care a priority is essential for your overall well-being. There are many strategies that we can use to incorporate self-care into their busy schedules. Here are a few examples:



# 01

## SCHEDULE IT IN

Just like you schedule appointments and meetings, schedule time for self-care in your calendar. Block out time for activities that support your physical, emotional, and mental well-being. Make it non-negotiable and treat it as a priority.





# 02

## START SMALL

You don't need to carve out hours of your day for self-care. Instead, start small by taking 10-15 minutes each day to engage in a self-care activity, such as reading a book, taking a walk, or practicing mindfulness such as meditation or journaling.

# 03

## COMBINE SELF-CARE WITH OTHER ACTIVITIES

Look for ways to combine self-care with other activities that you already do. For example, you could listen to a podcast while doing laundry or do your hair or skincare routine while you take a relaxing bath.





# 04

## INVOLVE YOUR FAMILY

Self-care doesn't have to be a solo activity. Consider involving your family in your self-care routine. For example, you could take a family walk after dinner or have a spa night with your kids or significant other.

# 05

## DELEGATE AND ASK FOR HELP

It's okay to ask for help and delegate tasks to others. Whether it's hiring a babysitter for a few hours or asking your partner to take over dinner duties, freeing up some time can allow you to prioritize self-care.





# 06

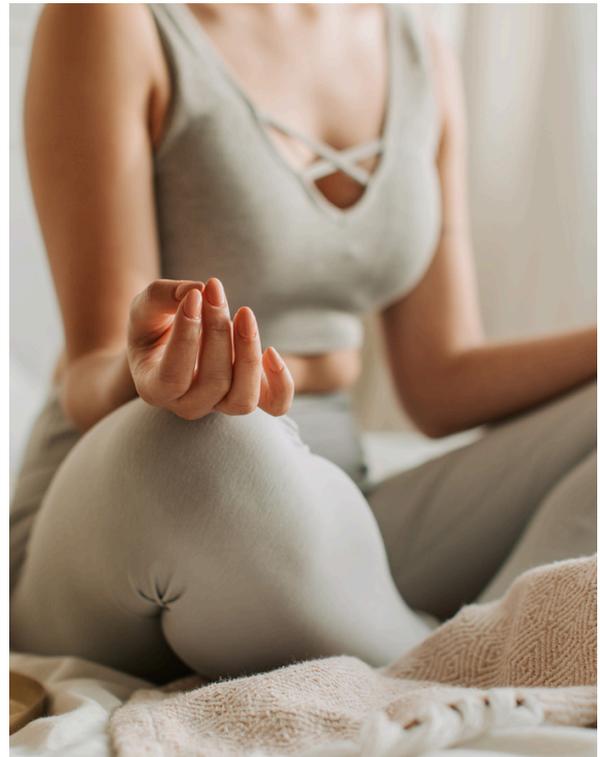
## PRIORITIZE SELF-CARE DURING DOWNTIME

When you have downtime, such as when your child is at school or during work breaks, use this time for self-care. This could be as simple as taking a nap or indulging in a hobby that you enjoy.

# 07

## BE FLEXIBLE

Remember that self-care doesn't have to be perfect or all-or-nothing. Be flexible and adaptable to your schedule and needs. Some days, a longer self-care activity may be possible, while other days, it may just be a few minutes of deep breathing.



Remember, self-care is self-priority, and it's essential for your well-being as a mom. By incorporating these strategies into your busy schedule, you can make self-care a priority and improve your overall happiness and health.



# WORKSHEET

How do you currently prioritize self-care in your schedule? Are there areas where you can improve?

What self-care activities do you enjoy that can be easily incorporated into your daily routine?

Can you identify any tasks or responsibilities that you can delegate or ask for help with to free up some time for self-care?

How can scheduling self-care activities into your calendar help you prioritize your well-being? Can you think of some self-care activities that you can schedule in the upcoming week?



# SELF-CARE PRACTICES

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By incorporating these self-care practices into your daily routine, you can support your physical, emotional, and mental well-being. Remember that self-care is an ongoing process, and it's okay to start small and build up over time.



## SELF-CARE PRACTICES FOR PHYSICAL WELL-BEING

1. **Prioritize sleep:** Getting enough quality sleep is essential for your physical health. Aim for 7-8 hours of sleep each night, and create a relaxing bedtime routine to help you wind down.
2. **Nourish your body:** Eating a balanced diet that includes plenty of fruits, vegetables, whole grains, and lean protein can support your physical health. Try to minimize processed foods, sugary drinks, and alcohol. Drink water throughout the day.
3. **Move your body:** Exercise can boost your physical and mental well-being. Aim for at least 30 minutes of moderate-intensity exercise most days of the week. This could include activities like walking, yoga, dancing, or strength training.
4. **Practice good hygiene:** Taking care of your physical hygiene can help you feel better and more confident. This includes things like showering, taking baths, brushing your teeth, and washing your hands regularly.



# PHYSICAL WELL-BEING WORKSHEET

How much sleep do you typically get each night? Do you feel rested and energized in the morning? If not, what changes can you make to improve your sleep habits?

What is your current diet like? Are you eating a balanced diet that includes plenty of fruits, vegetables, whole grains, and lean protein? Are there any changes you can make to improve your nutrition?

How often do you engage in physical activity? What types of exercise do you enjoy? If you're not currently exercising regularly, what steps can you take to incorporate more movement into your day?

What other self-care practices support your physical well-being? This could include things like getting regular check-ups with your doctor, taking breaks throughout the day to stretch and move your body, or practicing relaxation techniques like deep breathing and meditation.





## SELF-CARE PRACTICES FOR EMOTIONAL WELL-BEING

1. **Connect with others:** Spending time with loved ones can boost your mood and reduce feelings of loneliness. Make time for social connections, whether it's a phone call, video chat, or in-person visit.
2. **Express gratitude:** Focusing on the good things in your life can increase feelings of happiness and well-being. Take a few minutes each day to reflect on what you're grateful for.
3. **Engage in hobbies:** Pursuing hobbies or interests that you enjoy can boost your mood and reduce stress. Whether it's reading, gardening, or painting, find activities that bring you joy.
4. **Practice self-compassion:** Be kind and understanding toward yourself, even when things don't go as planned. Treat yourself with the same compassion and empathy that you would offer to a friend.



# EMOTIONAL WELL-BEING WORKSHEET

How can spending time with loved ones improve your emotional well-being?

Why is it important to focus on gratitude, and what are some ways to express gratitude in your daily life?

How can engaging in hobbies or interests that you enjoy improve your emotional well-being? Can you think of any hobbies or interests that you would like to pursue?

What is self-compassion, and why is it important for emotional well-being? Can you think of a recent situation where you could have shown yourself more self-compassion?



# SELF-CARE PRACTICES FOR MENTAL WELL-BEING

- 1. Practice mindfulness:** Mindfulness can help you stay present and reduce stress and anxiety. Try practices like deep breathing, meditation, journaling, or yoga.
- 2. Limit screen time and social media:** Spending too much time on electronic devices can increase feelings of stress and anxiety. Set limits on your screen time, and try to disconnect from technology for a few hours each day.
- 3. Engage in creative activities:** Creativity can help reduce stress and boost mental well-being. Try activities like writing, drawing, or playing music.
- 4. Seek support:** If you're struggling with mental health concerns, don't hesitate to seek support from a mental health professional. Therapy or counseling can be helpful in managing symptoms and promoting well-being.



# MENTAL WELL-BEING WORKSHEET

What are some mindfulness practices that you can incorporate into your daily routine?

How much screen time do you currently engage in each day? Are you willing to set limits on your screen time? If so, what will those limits look like?

What are some creative activities that you enjoy or would like to try? How can you make time for these activities in your schedule?

How do you currently manage stress and anxiety in your life? What self-care practices can you incorporate to further reduce these feelings?





Put yourself at the  
top of your to-do list  
every day and  
everything else will  
fall into place.

# ENCOURAGEMENT AND MOTIVATION FOR SELF-CARE

## AS A LONG-TERM PRACTICE

By incorporating these tips into your self-care routine, you can stay motivated and make self-care a long-term practice.

1

### REMEMBER WHY IT'S IMPORTANT

Reflect on the benefits of self-care for your physical, emotional, and mental well-being. By understanding the positive impact self-care can have on your life, you can stay motivated to prioritize it.

2

### START SMALL

Don't try to overhaul your entire routine overnight. Start with small, manageable self-care practices and gradually build up over time.



3

### TRACK YOUR PROGRESS

Keep track of your self-care practices and the progress you've made. This can help you stay motivated and see how far you've come.

4

### CELEBRATE SUCCESSES

When you achieve a self-care goal or make progress toward a healthier habit, celebrate your success. This can help reinforce positive behavior and keep you motivated.

5

### FIND ACCOUNTABILITY

Partner with a friend, family member, or coach who can help hold you accountable to your self-care goals. Having someone to check in with can help keep you motivated and on track.

6

### ADJUST AS NEEDED

Remember that self-care is not a one-size-fits-all approach. If a particular self-care practice isn't working for you, don't be afraid to adjust or try something new.

7

### BE KIND TO YOURSELF

Remember that self-care is a journey, and it's okay to make mistakes or have setbacks. Be kind to yourself and practice self-compassion along the way.

By incorporating these tips into your self-care routine, you can stay motivated and make self-care a long-term practice. Remember that self-care is self-priority and being “selfish” means you are taking care of YOU, an essential component of overall well-being.

By taking care of yourself, you can better show up for those around you and lead a happier, healthier life.



# WORKSHEET

What are some ways you can track your progress with self-care practices?

Why is it important to celebrate successes when achieving self-care goals or making progress toward healthier habits?

How can having an accountability partner help you stay motivated and on track with your self-care goals?

What can you do if a particular self-care practice isn't working for you?





# CONCLUSION

Self-care is a vital aspect of life that often gets overlooked due to the demands of daily life. However, by making self-care a priority, we can improve our physical, emotional, and mental well-being, and become better equipped to handle the challenges that come with living busy multi-passionate lives.

By identifying our self-care needs and priorities, we can develop strategies to incorporate self-care into our busy schedules. Engaging in self-care practices for physical, emotional, and mental well-being can help us reduce stress, increase happiness, and lead a more fulfilling life.

While incorporating self-care into a daily routine may seem daunting, it's important to remember that small steps can lead to big changes. By staying motivated and making self-care a long-term practice, we can reap the benefits of improved well-being and set a positive example for our children, clients, and people in our lives.

So, take the time to prioritize self-care, and remember that by caring for yourself, you're not only benefiting your own well-being, but also the well-being of your family.





# ABOUT ME

Hi, I am Jenny!

I'm your personal transformational mindset coach and Clarity Catalyst Trainer. A psychology graduate turned best-selling author and globally recognized empowerment expert, all because I listened to that inner voice urging me to step into my greatness. And now, I'm here to guide you to do the same.

I specialize in supporting seekers and entrepreneurs to discover their purpose, find fulfillment, and gain clarity on their life's journey. Through mindfulness, somatic coaching, and emotional intelligence practices and tools, I help them break free from limitations, get unstuck, and live their fully expressed potential.

Just like I've transformed my own journey, I'm here to empower you to step into your true self and create the life you've always envisioned.





# THANK YOU

Thank you for taking the time to read this ebook on self-care for busy women. We understand that as a busy woman, your time is precious, and we appreciate your decision to prioritize your own well-being by investing in this resource.

We hope the information and strategies provided in this ebook have been helpful and inspiring. Our goal is to support and empower women to prioritize themselves and lead happier, more fulfilling lives. We believe that by taking care of ourselves, we can better care for those around us, including our families, friends, and clients.

We value your commitment to self-care and wish you all the best on your journey. Remember to take small steps, celebrate successes, and be kind to yourself along the way. Thank you again for choosing this ebook, and we wish you all the best on your self-care journey.

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It's an intimate online live group process for the person who is ready to get clear and unstuck by going inward to discover their vast well of wisdom, creativity, and insight.

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