



A Journey Back To You

A 5 day workbook with tools to develop self-awareness and ongoing self-care habits





This workbook is intended for use
of individuals who purchased it.
We kindly ask you to not distribute
this document.



Hey Sis!

If you purchased this workbook, it is because:

- You want to gain a deeper sense of self
- You decided it's time to pour back into yourself
- You recognize you are worthy of loving yourself the same way you love others
- You are ready to take action and approach your wellness differently

Congratulations on choosing yourself. Welcome to the be Morr community. be Morr is a NYC based therapeutic community where Women of Color (WOC) receive mental health services by WOC individually and in community.

Over the next 5 days, we invite you to dedicate at least 10 minutes to a page in this workbook. Begin to understand *YOU* in a non-judgmental way. Remember, transformation also looks like turning inwards to notice areas for growth!

Once you complete and start taking action, revisit the last activity in this workbook in one month to help you track any progress.



Day One

Pre Self-Care Assessment

This assessment is to help you gain awareness about your self-care needs and recognize areas that may need more of your attention. As you reflect, gently remind yourself that self care looks different for everyone. There are no right or wrong answers. This is to simply allow you to identify where you are. Use the next page to reflect on your answers.

Select one of the following responses for each question:

- (1) *Rarely or not at all*
- (2) *Sometimes*
- (3) *Often*
- (4) *I'd like to try this*

Physical:

- ___ Eat nourishing meals
- ___ Move my body (exercise, walks, dance, yoga, etc)
- ___ Schedule routine checkups for preventative medical care
- ___ Get enough hours of sleep
- ___ Allow my body to experience sexual pleasure (solo or partnered)
- ___ Rest/take days off

Emotional:

- ___ Say 'No' to others when I am beyond my capacity
- ___ Keep therapy appointments
- ___ Journal
- ___ Find moments to laugh
- ___ Recite affirmations to hype me up
- ___ Ask for help when I am overwhelmed

Spiritual:

- ___ Meditate
- ___ Prayer
- ___ Connect with spiritual community
- ___ Practice gratitude
- ___ Spend time with nature
- ___ Connect with values and things that are meaningful to me



Day Two

Set a Self Care Goal

After reflecting on your results from your self care assessment, what change would you like to see in how you care for yourself? Is there an area where you want to extend more care to?

The **S.M.A.R.T.** (Specific, Measurable, Achievable, Realistic, Timely) goal method allows you to set goals that have a clear plan.

Here is an example:

Starting goal

I want to be more active

Examples

Specific

Why do I want this specific goal to happen?

Being more active helps me feel less anxious

Measurable

What steps are you going to take each week, month, quarter towards your goal?

I can look up free videos online to start out. I will start with moving my body (dance, yoga, stretching, walking) at least 2 x a week for 10 mins

Achievable

Do you have all the resources to achieve this goal?

I will start out with doing activities at home. I have a mat in my closet I can use.

Realistic

Ask yourself, Why is reaching this goal important to me?

This means that I will be able to release some of the tension and anxiety my body stores throughout the day.

Timely

What is the deadline you are setting for yourself in order to reach this goal?

By June 2022, I will have movement in my routine at least 2x a week

Write your S.M.A.R.T. Goal here

I will incorporate movement in my routine at least 2x a week by June 2020 so that I can feel less anxious

Set a Self Care Goal

Now it's your turn to create your own goal.

Allow the questions below to guide you In setting a clear goal.

Starting goal

Why do I want this specific goal to happen?

What steps are you going to take each week, month, quarter to wards your goal?

Do you have all the resources to achieve this goal?

Ask yourself, Why is reaching this goal important to me?

What is the deadline you are setting for yourself in order to reach this goal?

Write your S.M.A.R.T. Goal here



Day Three



Day Four

Self-Care Plan

Instructions:

Refer back to the self-care assessment to refresh your memory on the 3 self care dimensions (physical, spiritual, emotional).

Based on your answers, is there an activity you would like to incorporate more of in your life? Is there something you already do you'd like to keep practicing? Add it to the self care habits in **section 1**.

Take some time to reflect, what keeps you from doing those things that nourish your soul? Is it a lack of time? Or maybe, it's lack of energy? List what comes to mind in **section 2**. Being aware of the barriers helps you come up with a plan on how you can tackle them.

In **section 3**, list what you can do to overcome the barriers you mentioned. For example, if lack of time is a barrier, start paying attention to where your time goes. Remember, self-care doesn't always entail elaborate actions. It also doesn't mean you must do it everyday. Perhaps you can start with stretching your body for 5 minutes in the mornings 2x a week. Once you begin to notice how you feel when you do engage in acts of self love vs when you don't, this will motivate you to keep doing it. Setting gentle alarms on your phone or scheduling activities in your calendar can also serve as helpful reminders!

Naming the reasons why an action holds importance to you can serve as motivation on the days you need it. In **section 4**, write out why taking care of yourself is meaningful to you.

TIP: Start small to avoid feeling overwhelmed. This plan is fluid, which means it can change at any time.

Bonus Tip: Keep this plan in a place that is visible to you

Friendly reminder: Give yourself permission to decide how self-care looks like for YOU. Self-care shouldn't feel forced.

Self-Care Plan

EXAMPLE

Section 1: The self-care habits I would like to use are...

Physical

- Stretching

Emotional

- Read my affirmations in the morning

Spiritual

- List 3 good things a day (gratitude)

Section 2: Barriers that keep me from practicing self-care

- When I have a busy day, self care is on the bottom of my to do list. I feel like I don't have enough time

Section 3: My solution for the possible barriers

- I will block out 10 minutes at the start of my day to avoid becoming overwhelmed by the tasks of my day.
- I will start my days 10 minutes earlier

Section 4: Why is self care important to me?

- I want to be the best version of me for myself and my loved ones
- When I don't take care of myself, I feel irritable

Self-Care Plan

Section 1: The self-care habits I would like to use are...

Physical

Emotional

Spiritual

Section 2: Barriers that keep me from practicing self care

Section 3: My solution for the possible barriers

Section 4: Why is self care important to me?

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Day Five

Affirm Yourself Sis

Reciting affirmations is a practice that can help with challenging negative thoughts. Affirmations can increase awareness of thoughts & helps to re-frame them in a more positive view.



To create your own, first think of beliefs that might be stopping what you are trying to attract. Is there a negative narrative you are repeatedly telling yourself?

Example of limiting belief: I can't engage in self-care because I always have too many things to do.

Then, find the opposite of the negative belief to craft your own affirmation.

Example of affirmation: My self care is worth making time for daily or I am capable of delegating tasks to make some time for myself.

1. _____

2. _____

3. _____

Tip: Now that you have your affirmations that speak specifically to you and your needs, place them in a spot that's visible and read them out loud daily.

Resources

To help you further your healing journey, here are some of our recommendations:

IG pages to follow:

- @drebonyonline
- @thebraincoach
- @therapyforblackgirls
- @the_therapy_notebook
- @dr.marielbuque
- @josierosarionyc
- @sishealyourself

Books to read:

- *Hold Me Tight*- by Dr. Sue Johnson
- *Attached* -by Dr. Amir Levine and Rachel S. F. Heller
- *All About Love* -by Bell Hooks
- *Radical Compassion and Radical Acceptance* -by Tara Brach
- *Vibrate Higher Daily*- by Lalah Delia
- *Come As You Are*- by Emily Nagoski
- *Set Boundaries, Find Peace* -by Nedra Tawwab
- *The Year of Yes* -by Shonda Rhimes

Podcast to listen:

- Where Should We Begin?- By Esther Perel
- The Love Hour- ByKevOnStage & MrsKevOnStage
- Therapy for Black Girls- By Dr. Joy Harden Bradford
- Hey sis- By Alex Elle
- Balanced Black girl
- The Homecoming Podcast- By Dr. Thema



One Month
Check-in

Post Assessment

It has been a month since you began examining your self care habits. Retake this exam to capture any changes. This is to help you bring your awareness to the impact small actions make.

Select one of the following responses for each question

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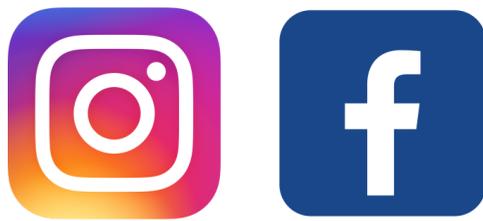
Spiritual:

- ___ Meditate
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Understanding patterns in your life is already progress. Hope you are proud of your yourself for committing to learning more about who you are!



Stay connected with us



@bemorr counseling

Share any feedback or suggestions

e-mail: Info@be-morr.com

Wellness hasn't always looked like us and we are committed to creating culturally affirming spaces where you can be YOU. No matter where you are in your healing, this workbook was designed to help you further your self-awareness. Revisit this workbook as often as you need it.

There is no race to vibrating higher. Enjoy the ride! Thank You for allowing us to be a part of your journey.

-Regine & Roslyn

www.bemorr counseling.com