

Time for Me

VIDEO SERIES WORKBOOK

with Khrystle Rea





CONGRATULATIONS ON COMMITTING TO MAKING YOURSELF MORE OF A PRIORITY!



Before we jump into the workbook, let's refresh our memory on what self-care is ..

self-care: the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

Self-care is not selfish - it allows us to excel in every aspect of your life

different self-care activities include:

- taking a bath,
- getting a massage
- reading
- yoga
- exercising
- eating healthy
- drinking water
- relaxing
- resting
- being in nature
- driving
- alone time
- going for a walk
- quiet time
- getting hair done
- getting nails done
- writing
- playing an instrument
- painting
- drawing
- being creative
- meditating
- cooking or baking
- things that make you feel energized
- + more!



DAY 1

TODAY'S ACTIVITIES:

1. DRINK 2 LITERS OF WATER 2. COME UP WITH AN AFFIRMATION 3. TAKE 5 MINUTES FOR YOU

Water Drinking Schedule:

9 am: 1x 8 oz glass	<input type="checkbox"/> done	<input type="checkbox"/> missed
10 am: 1x 8 oz glass	<input type="checkbox"/> done	<input type="checkbox"/> missed
11 am: 1x 8 oz glass	<input type="checkbox"/> done	<input type="checkbox"/> missed
12 pm: 1x 8 oz glass	<input type="checkbox"/> done	<input type="checkbox"/> missed
1 pm: 1x 8 oz glass	<input type="checkbox"/> done	<input type="checkbox"/> missed
2 pm: 1x 8 oz glass	<input type="checkbox"/> done	<input type="checkbox"/> missed
3 am: 1x 8 oz glass	<input type="checkbox"/> done	<input type="checkbox"/> missed
4 am: 1x 8 oz glass	<input type="checkbox"/> done	<input type="checkbox"/> missed

How much water did you drink today? _____

How did it make you feel to drink more water?

What did you do today for 5 minutes and did this activity give you your energy back/ make you feel good?

What do you want to get out of these next 5 days?

AFFIRMATIONS CREATE NEW BELIEFS.

What is your affirmation for the next 5 days?

How do you want to feel every day?

DAY 2

TODAY'S ACTIVITIES:

1. MEDITATE 2. MIRROR WORK

Were you able to observe your thoughts? ☐ yes ☐ no

What time of day did you meditate? _____

What challenges did you have when it came to meditating?

How did meditating make you feel?

How many times did you do mirror work today? _____

What came up for you when you looked yourself in the eyes and said I Love You out loud to yourself?

Do you feel there is anything you want to work on?

DAY 3

TODAY'S ACTIVITIES:

1. EXERCISE 2. BE IN BED BY 11PM

What exercises did you do for 10 minutes today?

How did you feel while working out?

How did you feel after working out?

What does your night time routine look like?

How long does your night time routine take? _____

What do you need to do to get in bed by 11pm?

Did you get in bed by 11pm?

☐ yes

☐ no

How did you feel in the morning after getting in bed by 11pm?

DAY 4

TODAY'S ACTIVITIES:

1. ADD IN MORE NUTRITIOUS FOODS 2. SPEND 5 MINUTES DOING SOMETHING YOU ENJOY

Use the food journal below to track what you eat today.

How much water did you have today? _____

Did you have any cravings today - if yes what were they and at what time?

What foods did you ADD IN today?

How did you feel overall today?

FOOD JOURNAL

D A T E :

Khrystle Rea

What I
Am Eating:

What I Feel
Emotionally:

What I Feel
Physically:

BREAKFAST

TIME:

LUNCH

TIME:

DINNER

TIME:

SNACKS

TIME:

BEVERAGES

OVERALL MOOD FOR THE DAY

What activities help you feel rejuvenated?

What did you do for yourself today for 5 minutes?

Was it challenging to find 5 minutes for you? If yes, what made it difficult? (how could you make it easier?)

DAY 5

TODAY'S ACTIVITIES:

1. 5 MINUTES OF JOURNALING 2. NO COMPLAINING

What did you journal in?

(ie. phone, computer, notebook, etc.)

How did you feel after journaling?

How did it go not complaining & how did it feel?

What do you typically complain about?

What actionable steps can you take to make a change?

How did it feel interacting with others without complaining?

How does it feel getting time back for you?



CONGRATS ROCKSTAR!!!



KEEP IT UP!
- YOU GOT THIS -
KEEP CHOOSING TO FEEL GOOD!

Looking for further support?
Snag a FREE Work-Life Balance Strategy Session:
by clicking here

Khrystle Rea

**EMPOWERMENT COACH +
LIFE BALANCING STRATEGIST**

I help busy working women
transform their overworked lives
into a blissful work-life balance by
elevating their food feelings and
fitness.



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A BLISSFULLY BALANCED LIFE PODCAST

