



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!





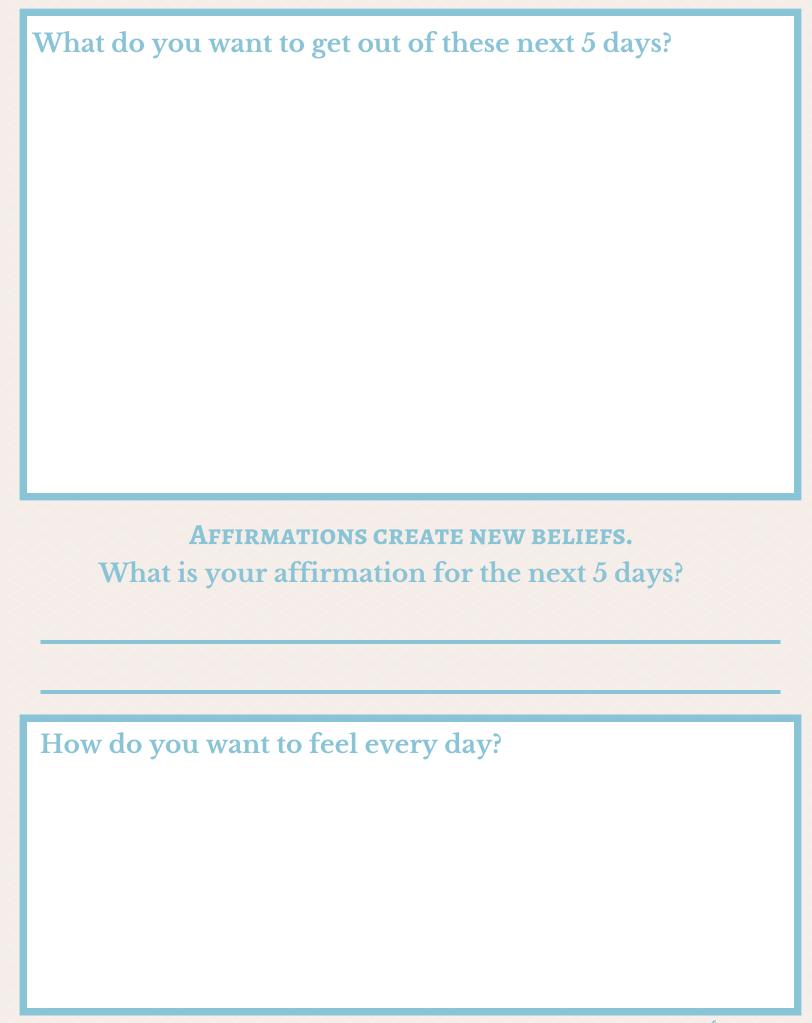
DAY 1

TODAY'S ACTIVITIES:

1. Drink 2 liters of water 2. Come up with an affirmation 3. take 5 minutes for you

Water Drink	ing Sche	dule:
9 am: 1x 8 oz glass	done	missed
10 am: 1x 8 oz glass	done	missed
11 am: 1x 8 oz glass	done	missed
12 pm: 1x 8 oz glass	done	missed
1 pm: 1x 8 oz glass	done	missed
2 pm: 1x 8 oz glass	done	missed
3 am: 1x 8 oz glass	done	missed
4 am: 1x 8 oz glass	done	missed
ow much water did you drin	k today?	
How did it make you feel to	drink mo	ore water?

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



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 time of day ard you incurtate.
What challenges did you have when it came to meditating?
incurating.
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?

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?	
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Did you get in bed by 11pm?	
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 to

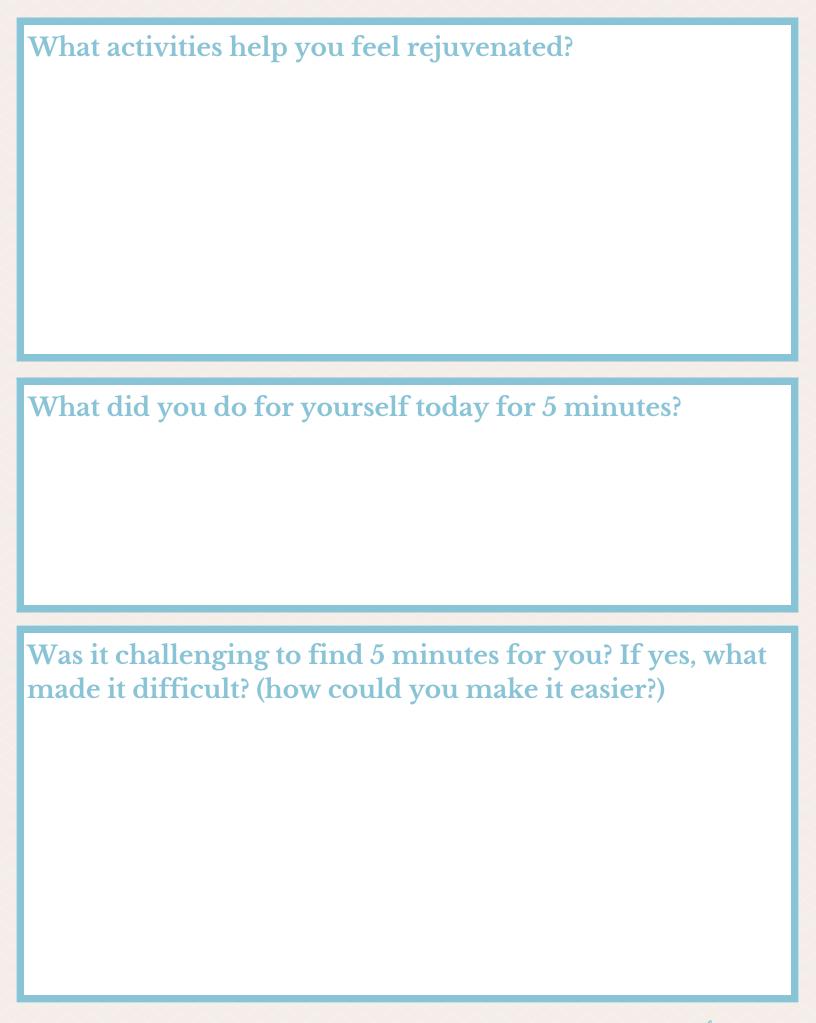
How much water did you have today?

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 JOU	RNAL DATE:	Khrystle Rea
What I Am Eating:	What I Feel Emotionally:	What I Feel Physically:
BREAKFAST TIME:		
LUNCH		
TIME:		
DINNER		
TIME:		
SNACKS		
TIME:		
BEVERAGES	OVERALL M	OOD FOR THE DAY

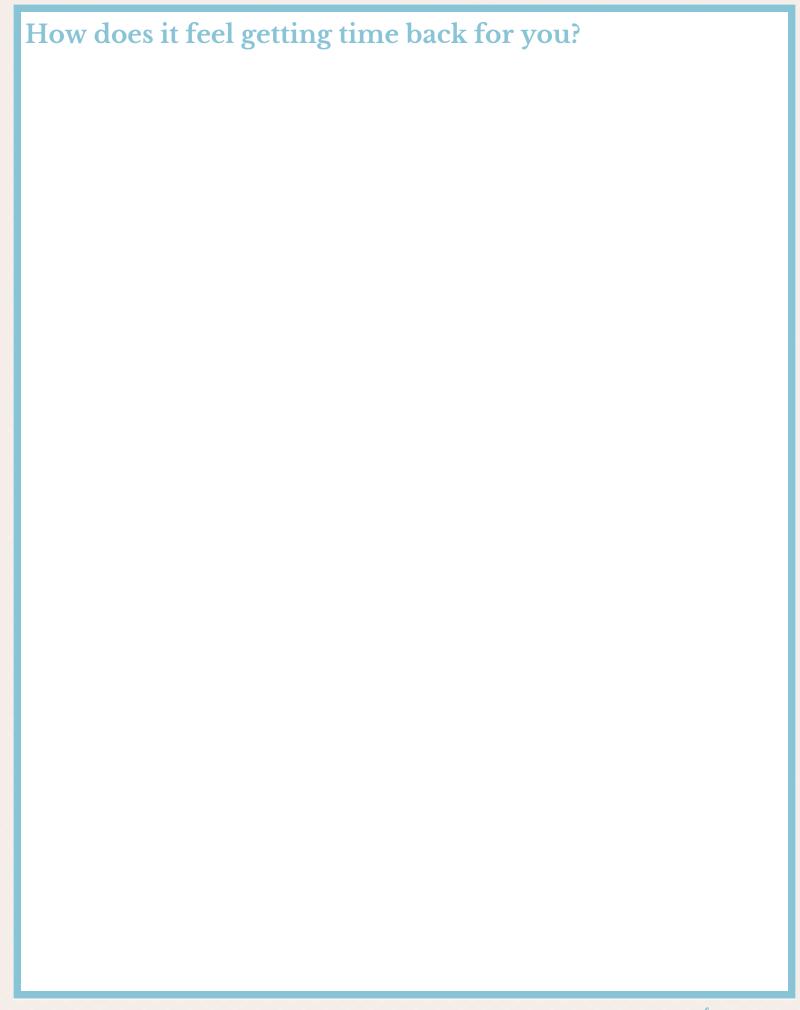


1.5 MINUTES OF JOURNALING 2. NO COMPLAINING

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?





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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