

**7 DAY**

*self*



*journal*

MIA VITA

*Healing\**

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# Introduction

A little journal to help you on your self-love journey....mixing together self-compassion, self-care and self-coaching.

**Download this journal** and write down your answers, thoughts, reflections. Physically writing things down is usually more effective! Alternatively, if you don't have a printer, write your answers down on a separate piece of paper.

You don't need to strictly stick to the journal, write down any extra thoughts or reflections too throughout the process that come into your mind.

Set aside some time at the beginning of each day to complete the journal and reflect on your thoughts.

Enjoy 

*Juli xxx*

*(Mia Vita Healing)*

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*Healing\**

# Day 1

What are 3 things that make you unique?

- 1.
- 2.
- 3.

What am I doing for self-care today? 1-3 things.

*e.g. setting a boundary, having a rest, pampering myself, drinking more water, being self-compassionate, making a dentist appointment, having an early night...*

- 1.
- 2.
- 3.

# Day 2

What's one new self-care habit you can start today?

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What's one thing you are proud of? e.g. getting out of bed this morning, taking my medication, being a good friend, reaching my goals, setting a boundary, passing my driving test

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Once you've identified something, take 5 minutes or more to sit comfortably. Close your eyes and relive that moment. Think about how it felt and where you feel that pride in your body. Think about what colours come to mind. Think about any sounds that were present. Think about all the fine details present in this memory. Imagine "breathing in" this picture of pride into your very being. Take a moment to enjoy this feeling of pride. Know that you can come back here any time you wish.

# Day 3

Imagine you are a close friend or family member. Write down 5 bullet points (or a paragraph) including all the complimentary things they would say about you. Read it out aloud to yourself three times. Refer to this list anytime you need to.

- 1.
- 2.
- 3.
- 4.
- 5.

What am I doing for self-care today? 1-3 things.

*e.g. setting a boundary, having a rest, pampering myself, drinking more water, being self-compassionate, making a dentist appointment, having an early night...*

- 1.
- 2.
- 3.

# Day 4

What's a belief you hold about yourself that you think may be holding you back? e.g. "I don't deserve good things"

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Now that you've identified this, how will you try to work on changing this?

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What could you do to make your life more peaceful?

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What's the first action you must take to make this happen, however small?

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# Day 5

Are you able to put your needs first? Y/N

If not, how will you try to start doing this?

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When will you start?

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What am I doing for self-care today? 1-3 things.

*e.g. setting a boundary, having a rest, pampering myself, drinking more water, being self-compassionate, making a dentist appointment, having an early night...*

- 1.
- 2.
- 3.

# Day 6

What are three qualities you like about yourself?

- 1.
- 2.
- 3.

What do you wish you had more time for?

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How can you set aside more time to do this?

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What could you add to your night-time routine to make it more peaceful? (if needed)

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# Day 7

What could your self-care goal(s) be for this year?

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What is the first step you can take today to make it/any of them happen?

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Plan a date night for yourself e.g. making your favourite dinner, having a pampering day

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## Reflections

What have I learnt about myself this week?

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How will I continue this journey of self-care, self-love, self-compassion?

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*What if you simply devoted this year to loving yourself more..?*

*And giving the love you so freely give to others....to YOURSELF?*

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# Mia Vita Healing



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Available for one-to-one sessions via Zoom, Skype or  
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