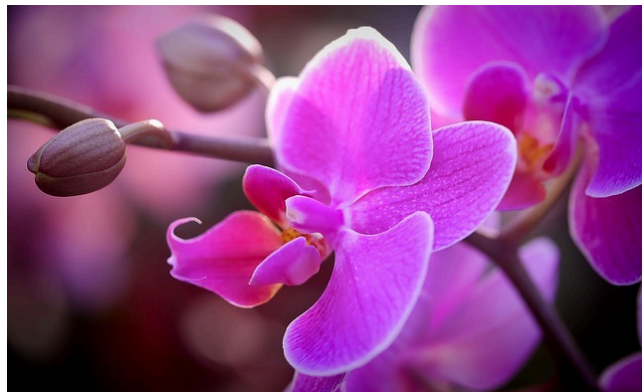


SELF-CARE **MINI WORKBOOK**

for HIGHLY SENSITIVE PEOPLE & EMPATHS



To help other Highly Sensitive People and Empaths, like myself, I created this mini workbook to guide you and reflect on your specific needs.

We need more consistent downtime, space between activities, fewer but more depthful connections - basically a more meaningful and restorative approach to self-care instead of trying to do ALL the things, all the time.

Thanks to these exercises, you will take the necessary time and perspective on your own routines.

Consider these exercises a time for self-care, and enjoy! And above all, don't make a bypass on the truth of your reality.. ;) But don't feel guilty either if you realize that self-care has only been an option for you... until now!

SELF-CARE / SELF-REFLECTIONS

Finish the sentence starters below...

My current self-care practice looks like... NO BYPASSING HERE ;)

After I practice self-care, I notice...

SELF-CARE / SELF-REFLECTIONS

Finish the sentence starters below...

What gets in my way to practice as much selfcare as I need is...

The connection between my current energy, mood, and self-care is...

SELF-CARE QUIZ

Mark true or false to the statements below...

- I often feel irritable and snap at people I care about.
- I often have a headache or get eye strain.
- I often get physically uncomfortable or feel frazzled.
- I am constantly dealing with anxiety.
- I am easily distracted and often have difficulty completing tasks.
- I cry easily and feel overly emotional.
- I feel easily stressed by small changes.
- I often feel unfulfilled or a sense of emptiness.
- I don't feel motivated or have a lot of energy.
- I often feel restless or bored.
- I feel overwhelmed constantly.
- I wish I could stop ruminating

TRUE / FALSE

☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐

Scoring Instructions:
If you answered "true" to 4
or more questions, you
know already the
instruction...
It's time to prioritize or
update your self-care
practice.
So let's do it together...
Follow the guide!

Total : TRUE: / FALSE:

SELF-CARE MENU

Circle all the self-care practices you enjoy or add your own... in the empty boxes.

<i>Meditation</i>	<i>Walking</i>	<i>Running</i>	<i>Dance</i>	<i>Poetry</i>	<i>Playing Music</i>	<i>Woodworking</i>	<i>Crocheting</i>	<i>Surfing</i>
<i>Crafting</i>	<i>Photography</i>	<i>Art/Painting</i>	<i>Singing</i>	<i>Sewing</i>	<i>Prayer</i>	<i>Camping</i>	<i>Biking</i>	<i>Baths</i>
<i>Volunteering</i>	<i>Daydreaming</i>	<i>Reading</i>	<i>Puzzles</i>	<i>Beach Trip</i>	<i>Hiking</i>	<i>Stargazing</i>	<i>Spa Day</i>	<i>Pampering</i>
<i>Journaling</i>	<i>Knitting</i>	<i>Ceramics</i>	<i>Gardening</i>	<i>Kayaking</i>	<i>Skiing</i>	<i>Yoga</i>	<i>Massage</i>	<i>Bodywork</i>
<i>Breathwork</i>	<i>Skating</i>	<i>Swimming</i>	<i>Acupuncture</i>	<i>Sipping Tea</i>	<i>Baking</i>	<i>Cooking</i>	<i>Live Theatre</i>	<i>Chess</i>
<i>Jewelry Making</i>	<i>Watching Movies</i>	<i>Traveling or Exploring</i>	<i>Playing Cards</i>	<i>Bird Watching</i>	<i>Time with Pets</i>	<i>Rock Climbing</i>		

SELF-CARE HISTORY

Look back over what self-care practices have nourished you in the past...

The activities & practices which used to nourish & inspire me are...

In the past, the self-care practices I've enjoyed are...

SELF-CARE HISTORY

Look back over what self-care practices have nourished you in the past...

I get to engage in these activities in my current routine when...

This tells me...

JOURNAL PROMPT

What are your main takeaways from these exercises?

JOURNAL PROMPT

What changes could you make to your self-care practice?



If you're craving more guidance to weave self-care into your daily life, or you're tired of feeling overwhelmed and alone with it all, I'm here to support you. If you want help that speaks directly to your concerns and what you're navigating right now, I can create a personalized program designed just for you and your unique needs.

BOOK A CALL

and let's work together!

And remember... Be YOU... Always!

—
**If you have any
questions, hit the
button and I'll be
happy to connect.**

Warmly, Valérie

