

Self
CARE

BY FANCEE

Balancing being about your business and being about yourself is and can be hard!

This self-care guide serves as a way for you to be INTENTIONAL about taking care of YOU.

I hope this helps and is a resource for you when life gets overwhelming, you feel like giving up, or need to feel refreshed. Your self-matters, and MAKE IT A PRIORITY!

You got this!

Ciera

Owner of Fancee LLC

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How It Works

01 EXPRESS GRATITUDE

02 UNDERSTAND YOURSELF

03 INTENTIONALLY PLAN

04 SELF-CARE IDEAS

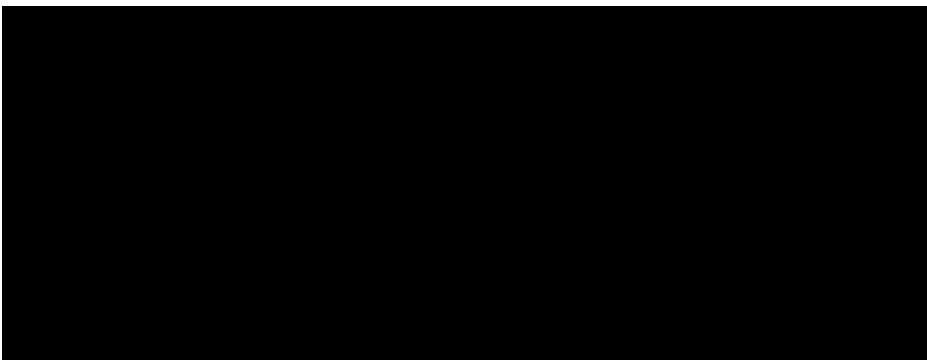
05 JOURNAL REFLECTION

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GRATITUDE JOURNAL

"Gratitude turns what we have into enough." – Anonymous.

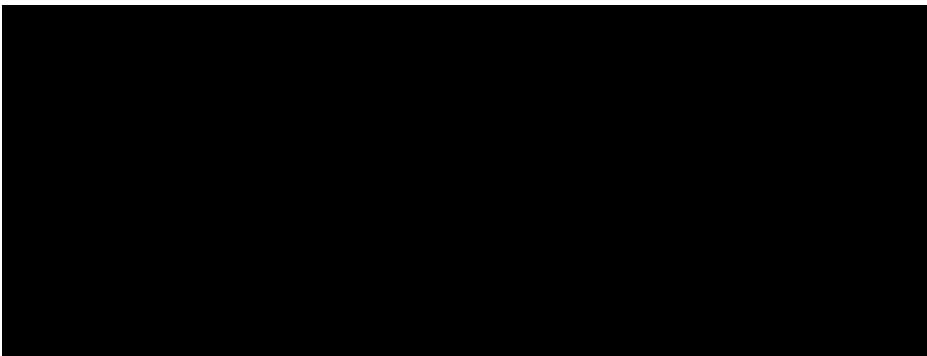
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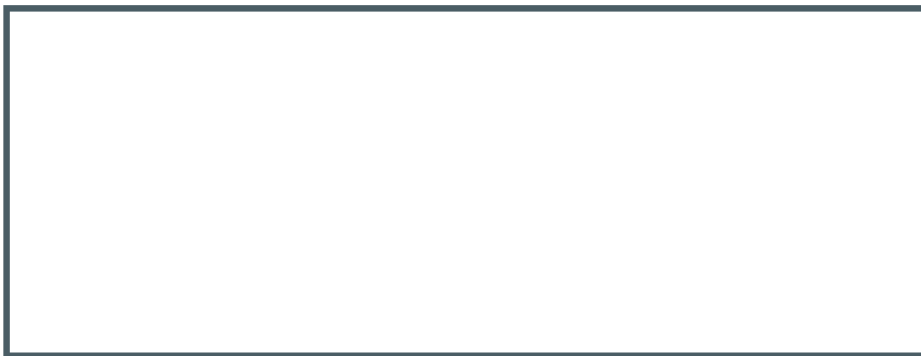
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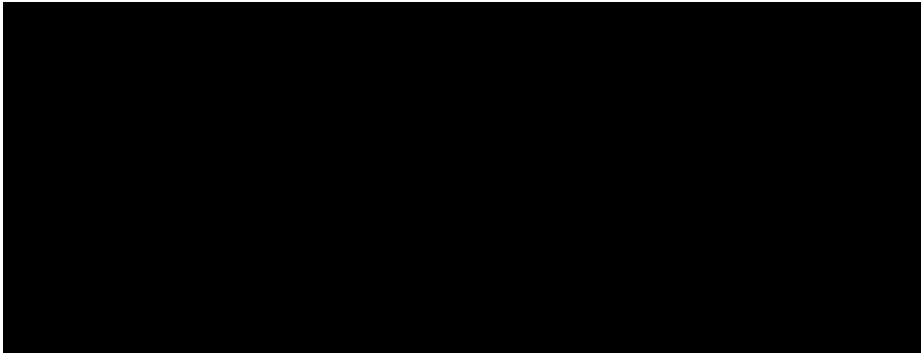
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TODAY I AM THANKFUL FOR:



#MOMFRIENDS

UNDERSTANDING YOU

Worksheet

What makes your worry?

What are your triggers/stressors?

What makes your heart full or gives you butterflies?

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SELF-CARE PLANNING

MY MAIN SELF CARE GOAL TODAY IS:

PHYSICAL SELF CARE

EMOTIONAL SELF CARE

SPIRITUAL SELF CARE

TODAY I NEED:

LIST FIVE "I AM" AFFIRMATIONS:

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

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SELF-CARE IDEAS

Emotional

- Meditate
- Go for a walk
- Listen to your favorite music
- Get a massage
- Give yourself a facial
- Repeat "I am enough"
- Watch a comedy
- Read a book

Mental

- Talk to a therapist
- Take a mental health day
- Try a new breathing technique
- Do a social media detox
- Learn a new skill
- Complete a DIY project
- Take some silly selfies

Physical

- Try Yoga
- Eat a healthy meal
- Take a vacation
- Get enough sleep
- Go on a nature walk
- Take a hot shower/bath
- Dance like no one is looking
- Go for a walk

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Journal Reflection

Take some time to reflect on your day, week, or instance that occurred today.
Be honest, and exhale your thoughts and feelings,

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