

# /SƏLF/



BY // CORTNEY TAYLA

# /Ə'BOʊT/



Hey! My name is Cortney, a self proclaimed self-care addict that was on the hunt for the perfect self-care / gratitude journal but had no luck finding something that checked all my boxes. I wanted a little bit of everything and the more I searched the harder it was for me to find something that fit my needs.

I wanted something that looked good and made me want to pick it up everyday while also was a productive method of jotting down my thoughts morning and night. Well after discovering what I was looking for wasn't out there I took it upon myself to create my own.

*/sƏlf/* has been created to help everyone get to the root. The root of your anxieties, the root of what you are truly thankful for, the root of how you can accomplish your goals in a simple and straightforward method - basically the root of everything swirling around in your mind.

I hope you find this book as helpful as it was intended to be!

xx, *Cortney Tayla*

# / H O U , T ō O /

SIMPLE // THAT IS MY GOAL FOR THIS BOOK. I WANTED TO MAKE SOMETHING STRAIGHT FORWARD AND SIMPLE FOR YOU ALL TO USE. THIS BOOK IS NOT ABOUT PERFECTION. USE IT THE BEST WAY THAT WORKS FOR YOU!

I HAVE CREATED A START OF THE MONTH EXERCISE FOR YOU ALL TO DO BEFORE JUMPING INTO YOUR MORNING / NIGHT / AND JOURNAL ROUTINES. THINK OF THIS AS THE BIG PICTURE. IT IS A PLACE FOR YOU TO RECOGNIZE. THE PAGES THAT FOLLOW ARE A PLACE FOR YOU TO TACKLE. USE THE JOURNAL SPACE TO YOUR DISCRETION - FEELING OVERWHELMED? USE THIS SPACE TO GET IT OUT. NEED MORE ROOM FOR YOUR MORNING GRATITUDE? USE THIS. FIND A PROMOT ONLINE THAT RESINATES WITH YOU? USE THIS SECTION TO EXPLORE THAT!

AT THE END OF THE MONTH THERE IS A RECAP ACTIVITY TO HELP YOU GAGE WHERE YOUR MIND IS AT AND HOW YOU CAN USE WHAT YOU LEARNED TO GO INTO THE NEXT MONTH WITH AN OPEN MIND.

NO PRESSURE. JUST ENJOY LEARNING MORE ABOUT YOU WHILE DOING SOMETHING FOR YOU



APPROACH THE DAY WITH GRATITUDE UNDERSTANDING & OPENNESS.

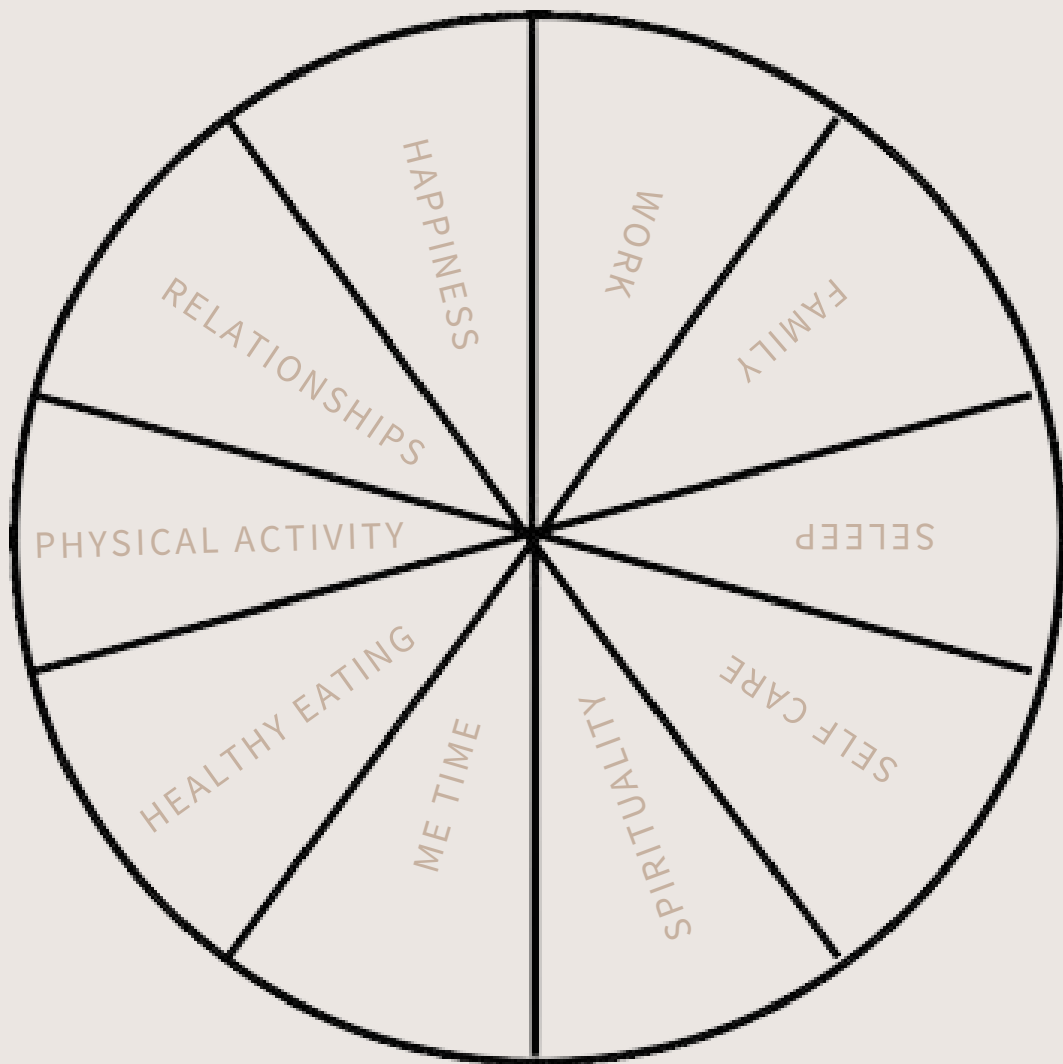
KNOWING THAT IT OFFERS POTENTIAL AND POSSIBILITIES -- KNOWING THAT EVERY MOMENT IS AN OPPORTUNITY TO REFLECT, RESET AND MOVE FORWARD WITH INTENTION



# // STÄRT // THE MONTH

LETS BE REAL, THERE IS NO SUCH THING AS TRUE BALANCE - I DO NOT BELIEVE THAT EACH SECTOR IN YOUR LIFE CAN BE IN PERFECT HARMONY OF EACH OTHER BUT I DO BELIEVE THAT WE ALL SHOULD HAVE AN UNDERSTANDING OF WHEN A SECTOR OF OUR LIVES ARE OUT OF LINE SO MUCH SO THAT THEY MAY BE HAVING A NEGATIVE EFFECT ON OTHERS.

AT THE START OF EACH MONTH THIS CIRCLE IS GOING TO BE YOUR BEST FRIEND. IT IS GOING TO HELP YOU SEE WHERE YOU ARE UNBALANCED IN YOUR LIFE. I BELIEVE IF YOU SEE IT IN FRONT OF YOU IT IS EASIER FOR YOU TO TACKLE THAT SECTOR THROUGH THE MONTH AND FIGURE OUT WHY IT IS HAPPENING. IT MAY TAKE YOU MULTIPLE MONTHS TO GET THAT SECTOR TO A POINT WHERE YOU FEEL COMFORTABLE AND THATS OKAY! THE POINT OF THIS EXERCISE IS TO SEE IT AND HELP IT. ROME WASN'T BUILT IN A DAY.



## HOW TO USE THIS //

PLACE A DOT, HEART, STAR - WHATEVER YOU WANT ON THE PIE CHART IN EACH LIFE SECTOR. THE CLOSER TO THE MIDDLE YOU PLACE YOUR SYMBOL THE MORE YOU BELIEVE THIS SECTOR OF YOUR LIFE NEEDS TO BE ATTENDED TO. THE FURTHER AWAY YOU PLACE IT THE HAPPIER YOU ARE WITH THAT COMPONENT OF YOUR LIFE. ONCE YOU HAVE COMPLETED PLACING THE SYMBOLS YOU MAY NOW CONNECT THEM TOGETHER. YOU WILL SEE WHERE YOUR EFFORTS LYE FOR THE MONTH AND WHERE YOU NEED TO PLACE MORE EFFORT TO DISCOVER WHY THAT SECOTR IS OUT OF LINE.



SELF CARE IS DOING THINGS THAT MAKE YOU  
FEEL MORE LIKE **YOURSELF**

Robyn Conley Downs

# // 'MÔRNING //

THOUGHTS / FEELINGS / MOOD?

WHAT AM I GRATEFUL FOR?

ONE THING I WANT TO ACCOMPLISH TODAY?



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THREE ACTIONS TO ACCOMPLISH MY GOAL OF THE DAY //

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WORD OF THE DAY --

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THREE GOOD THINGS THAT HAPPENED  
FOR ME TODAY --

## /,SELF'KER/

- NO TECH TIME
- BATH
- READ A BOOK
- CALLED A LOVED ONE/ FRIEND
- HEALTHY EATING
- PHYSICAL ACTIVITY
- PRAYER/ MEDITATION
- SKINCARE
- COOKED DINNER
- FRESH AIR / WALKED OUTSIDE
- JAMMED OUT / LISTENED TO PODCAST
- GOT MY HAIR/ NAILS DONE
- DRAW / COLOR / PAINT
- JOURNALED / PLANNER TIME
- MADE THE BED
- GOT MY WATER IN
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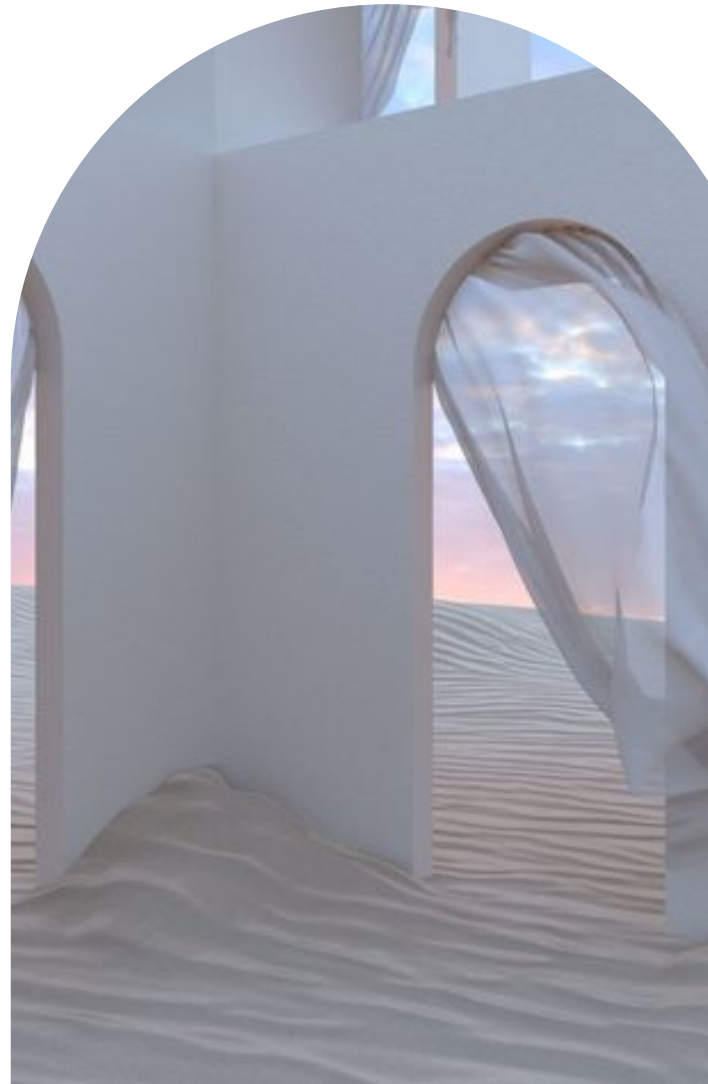
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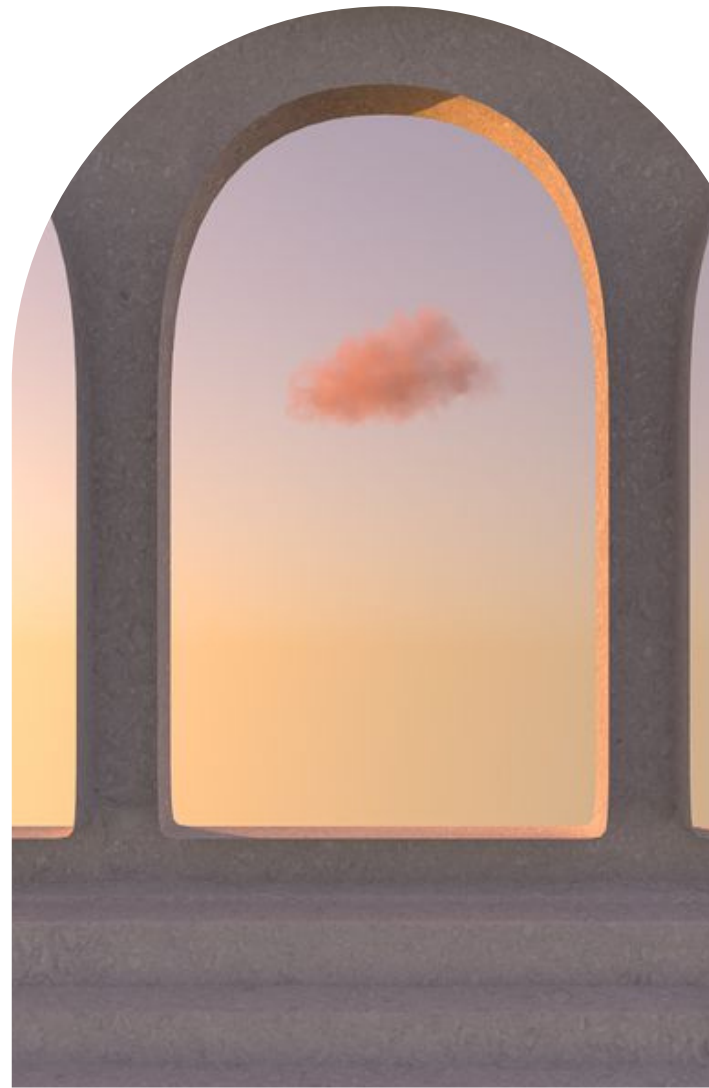
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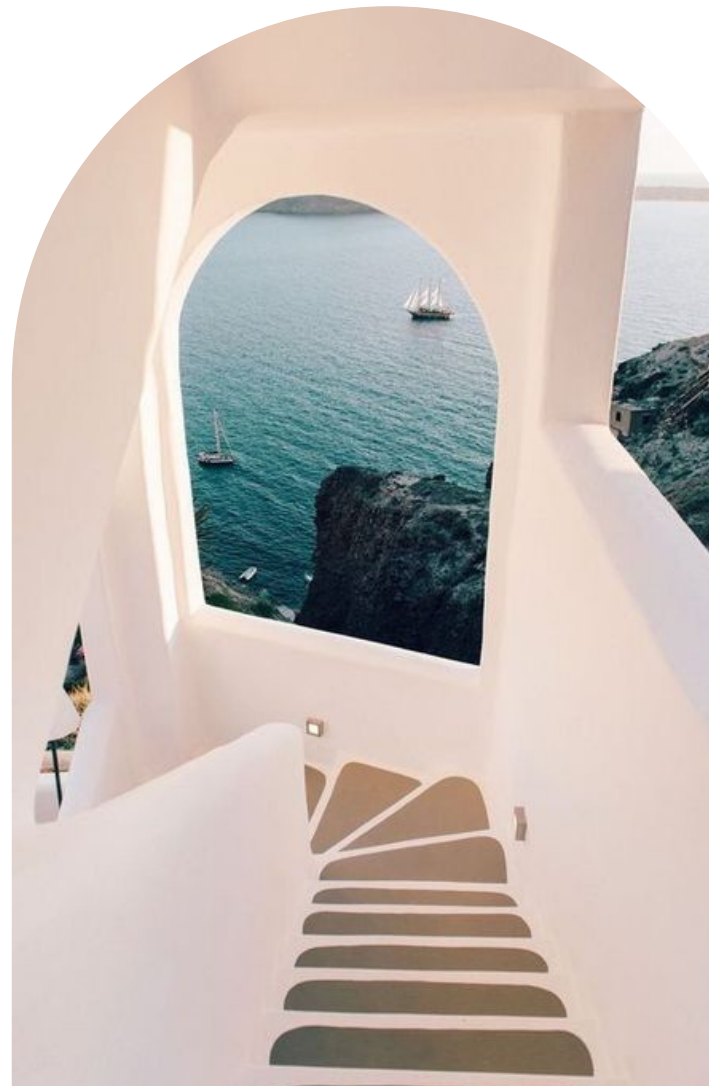
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## /'NĪT, TĪM/



/:JƏRNL/

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# // 'MÔRNING //

THOUGHTS / FEELINGS / MOOD?



WHAT AM I GRATEFUL FOR?

ONE THING I WANT TO ACCOMPLISH TODAY?

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## /gŌL/

THREE ACTIONS TO ACCOMPLISH MY GOAL OF THE DAY //

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WORD OF THE DAY --

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FOR ME TODAY --

## /SELF'KER/

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- CALLED A LOVED ONE/ FRIEND
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- PHYSICAL ACTIVITY
- PRAYER/ MEDITATION
- SKINCARE
- COOKED DINNER
- FRESH AIR / WALKED OUTSIDE
- JAMMED OUT / LISTENED TO PODCAST
- GOT MY HAIR/ NAILS DONE
- DRAW / COLOR / PAINT
- JOURNALED / PLANNER TIME
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- GOT MY WATER IN
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# MONTH IN /RƏ'VYŌŌ/

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USE THIS PAGE AS A REVIEW PAGE OF YOUR MONTH - PLACE A CHECK IN THE CIRCLE ON EACH DAY THAT YOU JOURNALED. IN EACH BOX WRITE SOMETHING THAT YOU DID TO HELP YOU ACHIEVE INNER HAPPINESS AND POTENTIAL BALANCE OF SECTORS. THIS SECTION CAN ALSO BE USED AS A PLACE TO JUST WRITE ALL YOUR WORDS OF THE DAY. IS THERE A THEME THAT RUNS THROUGH YOUR WORDS? THINK ABOUT THAT AND BRING WHAT YOU LEARNED ABOUT YOURSELF INTO THE NEXT MONTH AHEAD!

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THANK YOU FOR THIS MONTH  
AND FOR THE ONES THAT FOLLOW

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