

Self-Care Workbook: Coming Back To Yourself

A free resource from Lillian Ngonoi
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A printable self-care workbook with daily check-ins and grounding exercises.

Somewhere between caring for your family, meeting deadlines, answering messages and being available for everyone else, you may have quietly disappeared from your own priority list.

You keep saying, "I'll rest when things settle down."

But life rarely settles down completely.

There will always be another responsibility.

Another person who needs you.

Another problem waiting to be solved.

Self-care begins when you recognize that your wellbeing is not an inconvenience.

It is part of your responsibility too.

And self-care is much bigger than candles, spa days and weekends away.

Sometimes self-care is saying no without writing a three-page explanation.

Sometimes it is sleeping instead of scrolling.

Sometimes it is asking for help.

Sometimes it is eating properly, taking a walk, praying, setting a boundary or finally admitting, "I am exhausted."

This workbook is an invitation to slow down and reconnect with yourself.

Not the version of you everyone expects.

You.

The person underneath the responsibilities.

The person with dreams, emotions, needs, boundaries and desires that deserve attention too.

Take a few minutes.

Write honestly.

There are no perfect answers.

There is simply an opportunity to listen to yourself again.

You spend so much time pouring into others. This is your reminder that your own cup deserves attention too.