

Month 2 Workbook

Practicing Self Care

STR**O**BEL
EDUCATION

Lesson 1: You Are Not Selfish for Putting Yourself First

You are NOT selfish for putting yourself first!

I probably need to repeat that again. Look, I get it. We were raised by generations of women who put everyone else before their own needs (their kids, their husbands, their jobs, etc.). But that led to generations of women who were depressed, angry, and resentful at times. You are more than a mother, you are more than a wife, and you deserve to keep the 'other' special parts of you even while you are raising children or being a wife. In fact, if you move yourself to the top of your priority list most of the time, you are much happier person, happier parent, and happier spouse.

You must do this first for yourself. The most important relationship of your life is the one you have with yourself! Remember, success in life follows happiness, not the other way around. Your well-being, your dreams, your quiet time, your exercise time, etc. They all matter.

“

You owe yourself one hour a day of self-care. It can include reading, writing, walking, dancing, painting, playing, meditating, or whatever. You owe it to yourself. One hour, 1/24 of your day. That is less than 5%. It matters and so do you.

-Kim Strobel

WWW.KIMSTROBEL.COM

How to Make Yourself a Priority

1. SELF-AWARENESS.

Ask yourself, “What are the underlying reasons I don’t take care of myself?” (Too busy, everyone else comes first, need to complete the “to-do” list before you can relax, don’t think I count as much?)

2. CREATE NON-NEGOTIABLE RITUALS.

A cup of tea, stretching, exercise, monthly massage, 30 min of daily exercise, etc.

When are you going to start scheduling your ME time? And what are you going to do to make it happen? You need a system! (Time, place, structure, reminders, etc.)

What time will I incorporate my ME time daily?

Where will it take place and what will I do?

Are you willing to schedule yourself **first** into your calendar?

Why is this an important step for you right now?

If you can't see your value, the world
can't give you value back.

You Are More Than a Mother

If you need more encouragement to take care of your well-being and to know you matter, read these articles.

It's Okay To Remember That You're More Than A Mother

[CLICK HERE TO READ](#) Link: tinyurl.com/SFJ-More-Than

You were someone before you were their mom—and she still matters

[CLICK HERE TO READ](#) Link: tinyurl.com/SFJ-Before-You-Were

NOTES & REFLECTIONS

A large, empty rectangular area intended for writing notes and reflections.

Lesson 2: Know Your Value

If you can't see your value, the world
can't give you value back.

"Our environment, the world in which we live and work, is a mirror of our attitudes and expectations." — Earl Nightingale

Your outer world is a direct reflection of your inner world. If you want to change the world you see, start working on your inner world. Your reality is merely a mirror reflecting your inner world.

If you have conflict, struggle, hate, anger, depression, and fear on the inside, you will find that it will manifest and become part of your outside world. If you don't know how to value yourself, the world will never give you value back.

It starts with you. You have to stop giving your value away. When someone compliments you, look them in the eyes and say, "Thank you." When someone offers to buy your meal, let them! When someone offers a helping hand, take the helping hand. Every single time you push back a compliment or refuse an act of kindness, you are telling that person and the world that you don't value yourself enough to deserve the kindness.

It's time to begin valuing yourself.

What are some ways you've been giving your value away?

I want you think about how you can begin to value yourself. Write down three specific things you value about yourself. Try to jot down three different things every day for 21 days. These are things you love about yourself!

If you can't see your value, the world
can't give you value back.

1.

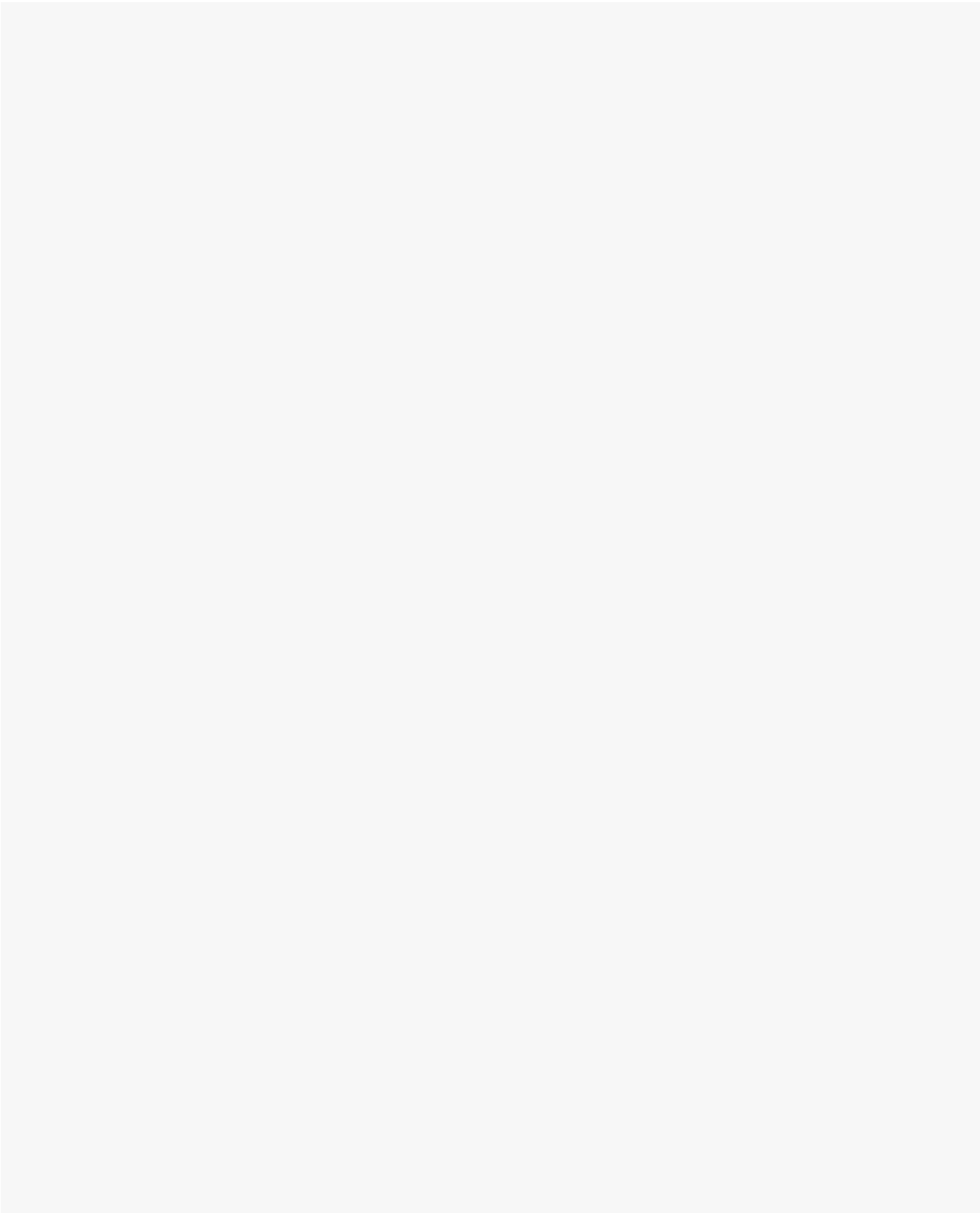
2.

3.

Your value doesn't
decrease based on
someone's inability
to see your worth,
including YOU!

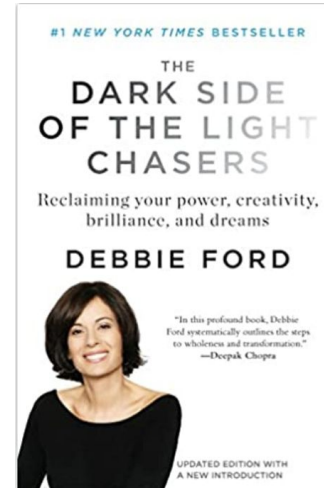
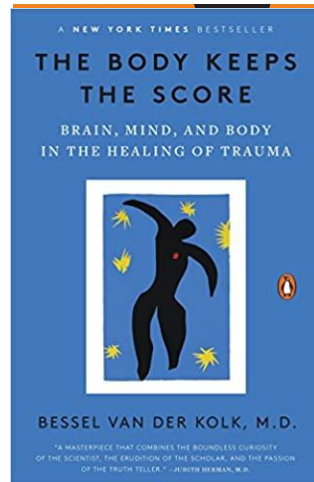
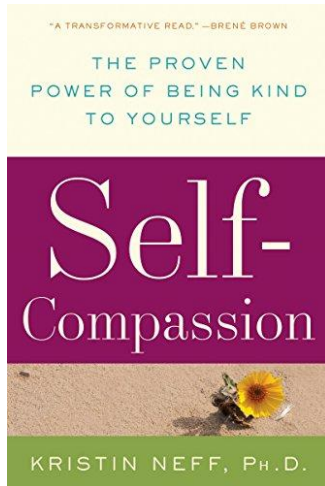
KIM STROBEL
WWW.KIMSTROBEL.COM

NOTES & REFLECTIONS



Books & Resources

These are three of my favorite books on self love and self care.



Two Ways to Get More Joy

Listen to the
She Finds Joy Podcast

[CLICK HERE](#)



Follow Me

