



Lift Yourself Up:

Self-Care Toolkit

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An Introduction to Self-Care



As you go about your daily life, there is so much to do, and it can be easy to become overwhelmed. A lot of the time you might be subconsciously putting your daily activities in front of your own health and wellbeing. If you are not routinely taking care of yourself emotionally and physically, this may lead to a decline in your overall health. When you are run down you may:

- Lack motivation;
- Become exhausted
- Become stressed;
- Have increased food cravings, and
- Have interrupted sleep patterns.

These things can lead to you feeling like you are losing control of your progress towards a healthier and happier life. Self-care is such an important part of your journey. When you make self-care a real priority, you will notice an improvement in not only your own life, but also the lives of your loved ones!

When you build the foundation of unconditional self-love, caring for yourself becomes natural.

Self-care is care provided by you to you! Self-care is about identifying your own needs and struggles and putting strategies and/or steps in place to ensure your needs are regularly fulfilled. If you are finding you are focused on others before yourself, you become:

- ✘ Stressed;
- ✘ Over-tired, and
- ✘ Run Down

There are different areas of your life that require self-love and regular check-ins. You might just want to check-in briefly to make sure you are on track towards your personal goals. These areas include:

- ✓ Physical;
- ✓ Emotional;
- ✓ Spiritual
- ✓ Psychological, and
- ✓ Social.

Some of the benefits of practicing regular self-care and self-love include repairing and maintaining your:

- ✓ Mental Health;
- ✓ Physical Health;
- ✓ Eating Habits;
- ✓ Exercise and physical activity routine;
- ✓ Relationships, and
- ✓ Much more.

Types of Self-Care

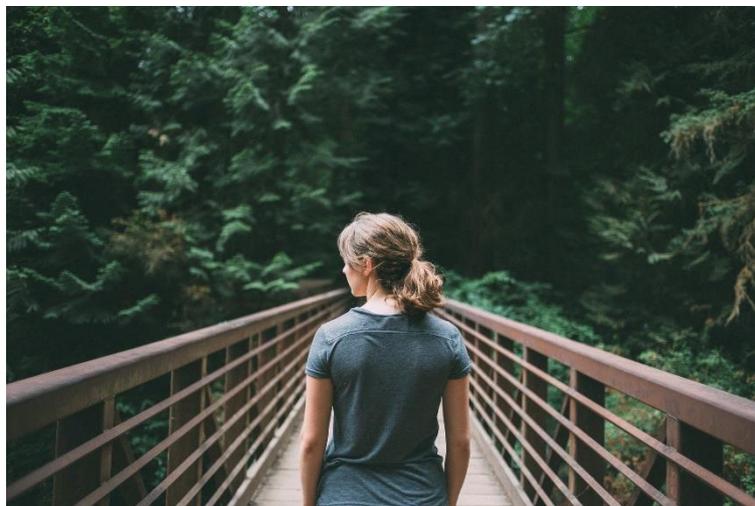


Emotional Self-Care

Emotions are complicated and varied and can sometimes get in the way of your overall wellbeing. You may experience emotions that are so strong that they deeply affect your goals, relationships, self-image, spirituality, work performance and overall mental health.

Emotional self-care allows you to acknowledge and tend to your feelings, rather than suppressing or ignoring them. Practicing emotional self-care allows you to pause and regroup, giving more opportunity to be who you want to be and live the life you want for yourself. Remember; your emotions don't define you!

Physical Self-Care



Physical self-care is not indulgent. It is simply taking care of yourself, without feeling guilty about it.

Moving your body, taking care of yourself, or having a nap when you're exhausted are all forms of self-care.

Caring for your health and wellness by maintaining a healthy and balanced diet is a great example of physical self-care. Nourish your spirit AND your body!

Spiritual Self-Care



Spiritual self-care is the deepening connection with your true self. When you are taking care of yourself spiritually, you are strengthening the communication you have with yourself. Take a moment to pause, reflect, and breathe. This will allow you to understand what is truly happening within yourself.

Pick A Ritual and Start Today!



Emotional/Spiritual

- ✓ Forgive yourself for small mistakes.
- ✓ Give yourself permission to feel your emotions.
- ✓ Honour and respect your emotions.
- ✓ Do something creative each day.
- ✓ Give yourself 3 compliments each morning.
- ✓ Ask for help or support! You don't have to do everything alone.
- ✓ Take 5 deep breaths when you're feeling stressed, angry, fear or tired.
- ✓ Take note of one thing that you love about your body.
- ✓ Take time out! Even if it's just a few minutes, set aside time to do something that makes you feel relaxed.
- ✓ Say yes to yourself and your needs! Don't put what you need physically and emotionally on the back burner.
- ✓ Say no to others when you need to. Evaluate your priorities and practice drawing boundaries for your self-betterment.
- ✓ Take time to reflect in your journal.

- ✓ Practice self-compassion every day.
- ✓ Accept yourself.
- ✓ Learn to meditate. This can be as simple as taking a moment to notice your breathing.
- ✓ Listen to the way you speak to yourself; try to switch it around to positive self-talk.
- ✓ Set boundaries and respect others' boundaries.
- ✓ Be responsible for your actions as well as your inactions
- ✓ Take another route to work. Mixing up your routine in a small way creates new neural pathways in the brain to keep it healthy.

Discover the Secrets to Shift your Mindset Towards Healthy Mindset Patterns and Behaviours!

To see permanent change within yourself, you must shift your mindset.

Treat yourself to the *Shift Your Mindset: 6-week Kick Start Towards Positive Action eSeries*. This 6-week kick start email series will help you to start shifting your mindset and guide you through training yourself to pay attention in a specific way.

You will learn to:

- ✓ Live in the present;
- ✓ Be calmer, more at peace, and more relaxed;
- ✓ Focus on the positive aspects (self, others and situations);
- ✓ Have a clearer mind that enables better problem solving and decision making;
- ✓ Communicate more clearly and with more kindness to yourself and others;
- ✓ Regularly acknowledge and praise yourself, your achievements and milestones;
- ✓ Live a life based on your unique values which ultimately gives you meaning and purpose, and
- ✓ Make small behavioural changes today to help you grow and become the person you want to be tomorrow.



Shift Your Mindset: 6-week Kick Start Towards Positive Action eSeries is valued at \$129, and we are giving it to you for **ONLY \$39!**

Start to Shift Your Mindset Today!

Enroll Now!

Write one emotional or spiritual self-care action you will take each day this week:

Day	Emotional Self-Care Ritual	Check
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Physical

- ✓ Listen to your body and what it is telling you. When you become run down you sometimes may experience cold-like symptoms and headaches.
- ✓ Identify activities you enjoy and schedule them in your diary.
- ✓ Give your body 10 minutes of mindful attention.
- ✓ Stretch your body. Remember, any movement is good movement!
- ✓ Walk for 5 minutes to move your body if you work in a stationary job.
- ✓ Give your body a treat. Pick something from your wardrobe that feels great next to your skin.
- ✓ Just be still. Sit and be quiet for a few minutes.
- ✓ Have a good laugh! Allow yourself to smile.
- ✓ Take a power nap to recharge.
- ✓ Have a home spa by taking a long bath or shower.
- ✓ Spend an hour doing something that nourishes you (reading, your hobby, visit a gallery etc.)

Taking care of your needs will help you remain balanced, and will allow you to maintain strength, motivation and inner resources to continue to give to others.

By practicing self-care, you will feel more connected and grounded with yourself and the world around you.

Write one physical self-care action you will take each day this week:

Day	Physical Self-Care Ritual	Check
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Journaling for Self-Care



Journaling is a powerful self-care practice. By maintaining a daily journal, you will become more aware of, and understand, your current beliefs, conditioning, attitudes, behaviour and internal dialogue.

By exploring your life direction with open mindedness and optimism, you will discover your ability to make changes and choose to live differently. Here are some ideas for prompts to support your self-care:

- ✓ If I loved myself unconditionally, how would I treat myself? How can I act on that feeling now?

- ✓ What are 3 things that I'm currently doing that no longer serves me?
How can I stop doing these?

1. _____

2. _____

3. _____

- ✓ What advice would I give your best friend if they were in my shoes?

- ✓ Make a list of 10 things that make me happy:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

- ✓ What acts of self-care truly makes me feel happy?

- ✓ When I'm in pain – physical or emotional – the kindest thing I can do for myself is...



- ✓ Make a list of the people in my life who genuinely support and uplift me, and I can trust. Explore why their support means so much to me.

- ✓ When I am busy how can I find 10 minutes for time for myself? What can I do in that time?

- ✓ If my body could talk, it would say . . .

- ✓ List 5 things I am grateful for today.

1.

2.

3.

4.

5.

- ✓ Make a list of my priorities for the week, month or year. Are these aligned with what I really want to be doing in life?

- ✓ Look back on a time when I didn't self-care and reflect on how proud I am of all the positive changes I have made to my life.

- ✓ What is one important lesson I learned this week?



- ✓ What would I tell my future self?

- ✓ What does my ideal morning look like?

- ✓ A long-term goal I have is . . .

- ✓ Who am I most thankful for in my life?

- ✓ If I could wish for anything, I would wish for . . .

- ✓ What type of legacy do I want to leave behind?



Food Addiction Therapy provides the keys to brain chemistry and food to help you break free from dieting and negative eating cycles!

Unlike any other book on the market, this book goes to the heart of the true source and will help you really understand your 'addictions' for the first time.

It is now your time to free yourself, forever, of the burden of food, weight and addictions and begin to lose weight without hard work and restriction!

Buy Now and you can start today as the *book is delivered directly into your inbox!* **No more counting calories, obsessive weighing, restriction, deprivation, starvation!**

Get Your Copy Now

Create Your Space



Creating a physical space within your home to practice self-care is an important part of the journey. Here are some tips to create your space.

Bedroom

- ✓ Make your bed daily.
- ✓ Open the windows to get fresh air.
- ✓ Put your phone away at night-time.
- ✓ Get rid of all the clothes you do not wear.
- ✓ Keep clear of clutter. Spend a few minutes each day arranging your space.

Bathroom

- ✓ Clean out beauty products that have expired or you do not use.
- ✓ Organise your bathroom sink.
- ✓ Buy your favourite scented candles or essential oils.

Living room

- ✓ Add live plants to clean the air.
- ✓ Keep cosy blankets next to the couch.
- ✓ Enjoy a cup of your favourite tea on the couch with the TV off.

If you are feeling overwhelmed by negativity holding you back from reaching your health and self-care goals, get in touch with *Fit Minds & Bodies Clinic*.

At *Fit Minds & Bodies Clinic* we can help you BREAK negative cycles and OVERCOME underlying issues for long-term success, including:

Depression | Anxiety | Stress Management | Body Image Issues

Grief & Loss | Attachment Issues | Trauma & Abuse

Weight & Obesity | Food Addiction | Binge Eating | Yo-yo Dieting

Fit Minds & Bodies Clinic provides you with realistic and practical information, support and strategies for change. This will enable you to feel and see hope, so you can have the confidence in creating and directing a life filled with Balance, Acceptance, Purpose, Satisfaction, Health and Happiness.

We provide the bridge between where you are now and where you want to go. We help you understand your unique situation, and the patterns and complex issues, that have maintained the behaviour.

Seeking professional help shows your true strength and commitment to your health and happiness.

Fit Minds & Bodies Clinic offers a unique integrative approach that helps you to develop a healthy mind and body. This will support you towards true change for your psychological, emotional and physical health.

I need support with practical tips and skills to improve my lifestyle for health and happiness.

Let the team at Fit Minds & Bodies Clinic become **YOUR support team for SUCCESS!**

Book an appointment TODAY



Self-Care Is How You
Take Your Power Back.

~ Lalah Delia



When You Recover or Discover
Something That Nourishes Your
Soul And Brings Joy, Care Enough
About Yourself To Make Room For
It In Your Life.

~ Jean Shinoda Bolen

Your Breathing Is Your
Greatest Friend.

Return It in All Your
Troubles and You Will Find
Comfort And Guidance.

~ Unknown





Allow Yourself
to Enjoy Each
Happy Moment
in Your Life.

~ Steve Maraboli



Self-compassion is simply
giving the same kindness
to ourselves that we
would give to others.

~ Christopher Germer

14 Days of

Self-Care

Self-care is a Gift to Yourself!

Day 01

Write down 5 things that make you feel happy, energetic and inspired.

Day 02

Hydrate your body and allow your cells to rejoice with pure, clean water (1.8-2+L).

Day 03

Make plans with someone that you enjoy being around.

Day 04

Watch something that makes you laugh from your belly!

Day 05

Have a relaxing bubble bath with your favourite candle.

Day 06

Plan your meals around bright, lush vegetables in season - fill your eyes, body and life with colour.

Day 07

Find fun and enjoyable ways to move your body - sing and dance like no one is watching!

Day 08

Journal about something you have been bottling up. Let it out.

Day 09

Disconnect from the world and unplug (phones and devices) for 1 hour to connect with nature and yourself.

Day 10

Be kind to yourself today. Write a letter of love to yourself.

Day 11

Spread love in the world. Do something kind for someone else today.

Day 12

Step a little bit outside of your comfort zone.

Day 13

Practice meditation for 15+ minutes.

Day 14

Share something you are proud of today.