



# 5 Steps to Fast Track Your Self-Care Journey and Reclaim Your Self Worth

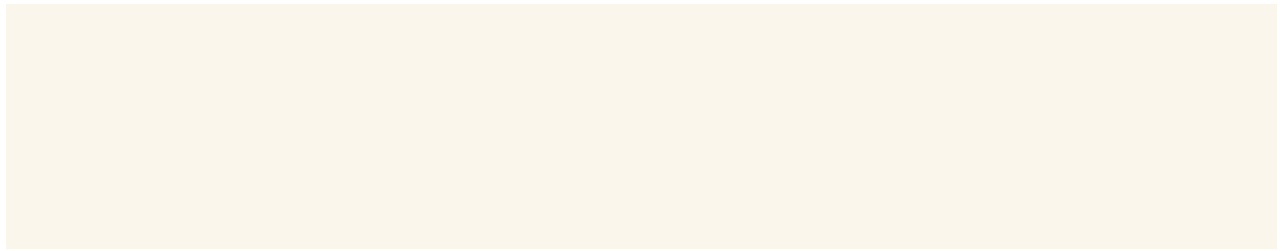
[WWW.14DAYSELFCARESERIES.COM](http://WWW.14DAYSELFCARESERIES.COM)

Are you feeling lost, overwhelmed, or exhausted on your self-care journey? You are not alone. Many women struggle to prioritize their own needs, say no to others, and set boundaries. Here are five key points that can help you fast track your self-care journey and reclaim your self-worth.

## 1. Prioritize Your Needs Unapologetically

The art of self-care is all about prioritizing your own needs unapologetically. Practice saying “Yes” to your own need more often and start setting boundaries. This can be challenging but it's a crucial step in maintaining your self-worth.

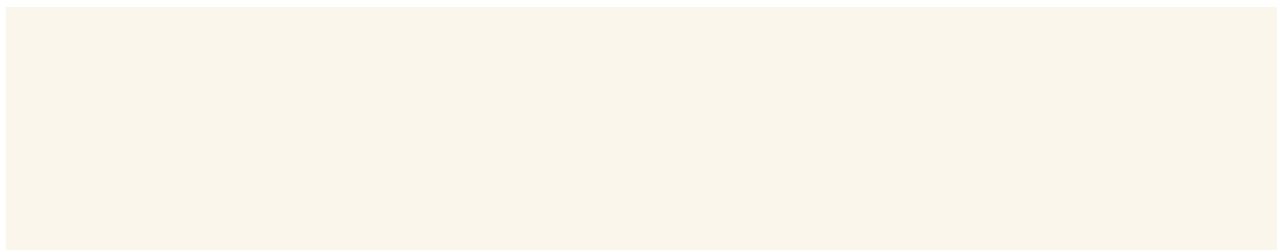
What are you in need of most of the time right now? How can you find time to make sure you are getting your needs met?



## 2. Create a Realistic Routine

Self-care isn't just about the occasional spa day or vacation. It's about integrating self-care into your daily routine in a way that is sustainable and feels good. Design a self-care routine that fits seamlessly into your life. Yet be sure to make sure that your routine is sustainable and feels good to do over and over again.

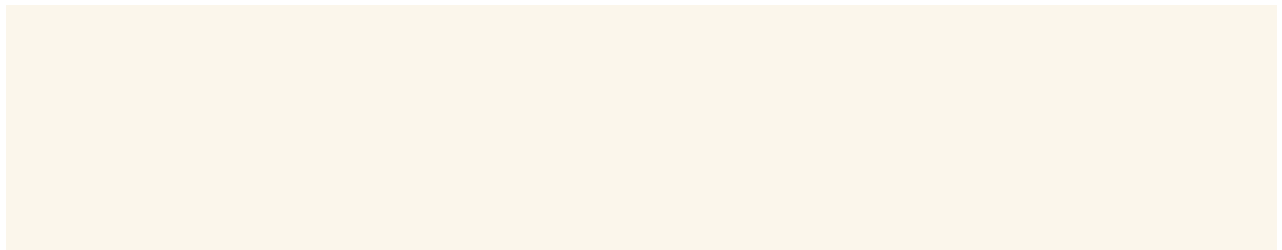
What are some small actions that you've done that recenter you? Use these to create a sustainable self-care routine.



### 3. Take Mindful Moments Throughout the Day

Mindfulness is the practice of being present in the moment. It can be a powerful tool in your self-care arsenal and help to create self awareness. You can practice mindfulness in many ways, such as taking short intentional breaks during work, practicing gratitude, going for a walk, or simply slowing down and paying attention to your surroundings.

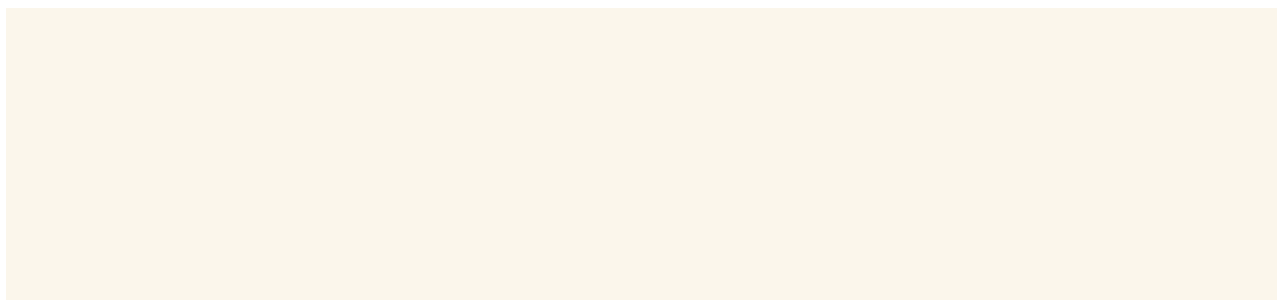
What are some ways you can practice mindful moments? If you like, incorporate one of these ideas into your sustainable self-care routine.



### 4. Build a Supportive Community

Surround yourself with like-minded individuals who value self-care, there's no reason to go at it alone. Take time to share experiences and encouragement and learn from others along the way.

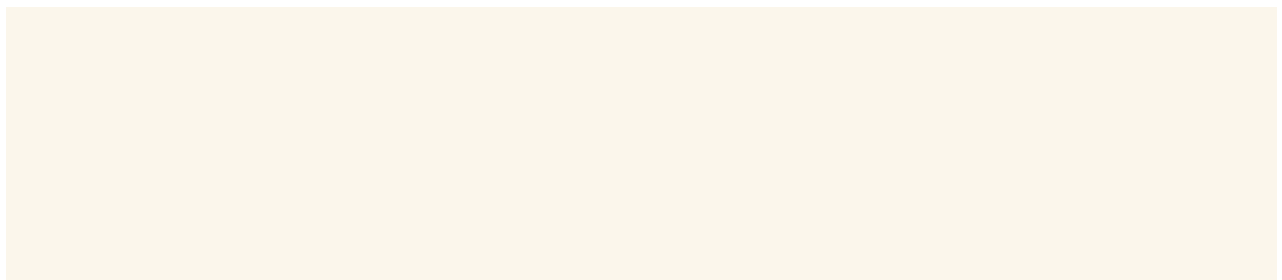
Do you know any self-care groups that you can join? If not, the Self Care Vault comes with access to the Self Care Haven, our exclusive group community just for our students. You will find access to the community within your portal.



## 5. Regularly Assess and Adjust

Self-care is not one-size-fits-all. What works well for one person may not work for another. It's important to regularly assess your self-care practices and adjust them as needed. This could mean changing your routine, setting new boundaries, or seeking new forms of support.

Schedule time in your calendar to check in with yourself every month. Create your own self check in questions or use the self check guide that's in the Self Care Vault.



## Follow the Path

We have provided you with a layout and now it's your turn to follow the path.

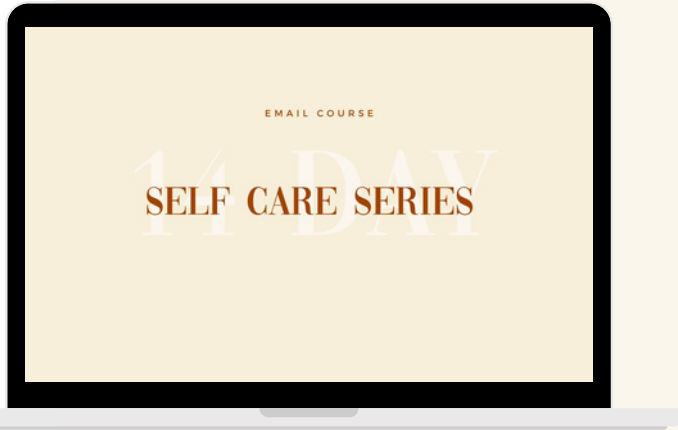
If you find it challenging to implement things, consider joining us in the 14 Day Self Care Series. We've mixed all these elements (the 5 steps above) into a self care challenge that's fun and easy to do.

We're waiting for you inside.

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Self love is the foundation for building a life that you love. Reclaiming your self-worth requires conscious effort. By prioritizing your needs, creating a realistic routine, infusing mindfulness into your daily life, finding community, and regularly assessing your efforts, you can fast-track your journey and start to see a difference. As the saying goes, you can't pour from an empty cup. Take the time to care for yourself, you're worth it.

# WHAT MEMBERS ARE SAYING...



“

I'm proud of me because everyday this week showed up for me... not for my family, not for my kids, not for my business but me. I took care of me, for me because I wanted to.

Thank you for allowing me to be a part of such an embracing and powerful series! I love that each day brought me closer to myself and allowed me to recognize the changes I need to make to be a better me.

Before I was unsure about a lot of things and the choices I was facing. I am now in a place to accept and embrace.



[CLICK HERE TO JOIN](#)

“

The series was great overall. I loved that I took time for myself and not be so caught up in being just mother or girlfriend. I took time for me. I enjoyed it. I was able to breathe and relax my mind for a but. It was amazing!!!

I love it! You have helped me reconnect with myself with the smallest things. Thank you so much for reminding me I come first no matter what. I would love to join again!

**THE TIME IS NOW**

# JOIN THE 14 DAY SELF CARE SERIES

Recharge your batteries & cultivate a better relationship with yourself In just 14 days



*If you ready to start your self care journey today, join the 14 Day Self Care Series with 14 intentional self care activities, inspirational notes, and community support to help you make self care a priority.*

[\*\*CLICK HERE TO JOIN\*\*](#)