

@THEPURPOSED THERAPIST

90 Day Self-Care Reset

Physical Self-Care

"I honor my body by nourishing it with healthy foods."

2. "I engage in regular exercise, strengthening my body and mind."

3. "I prioritize adequate sleep, rejuvenating my body for optimal health."

4. "I listen to my body's needs and give it the rest it deserves."

5. "I embrace relaxation techniques, relieving stress and tension."

6. "I practice mindfulness, connecting my body and mind in harmony."

7. "I honor my body's boundaries and respect its signals."

8. "I engage in activities that promote my physical well-being."

9. "I appreciate and care for my body,

acknowledging its resilience and beauty."



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Emotional Self-Care

1. "I validate my emotions, allowing myself to feel and express them."
2. "I practice self-compassion, embracing myself with kindness."
3. "I seek support when needed, valuing my emotional well-being."
4. "I release negative thoughts and cultivate a positive mindset."
5. "I engage in activities that bring me joy and uplift my spirits."
6. "I embrace vulnerability as a strength, fostering emotional growth."
7. "I practice forgiveness, freeing myself from emotional burdens."
8. "I prioritize self-care rituals that nurture my emotional health."
9. "I honor my emotions, understanding they are an integral part of me."

Mental Self-Care

"I stimulate my mind with new knowledge and continuous learning."

2. "I challenge negative thoughts and replace them with positivity."

3. "I practice mindfulness, grounding myself in the present moment."

4. "I set realistic goals, celebrating achievements along the way."

5. "I engage in activities that stimulate and challenge my mind."

6. "I seek mental stimulation through creative endeavors."

7. "I prioritize mental rest, allowing my mind time to recharge."

8. "I cultivate a supportive environment for mental well-being."

9. "I nourish my mind with positivity, feeding it with empowering thoughts."



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Spiritual Self-Care

1. "I connect with my inner self, nurturing my spiritual growth."
2. "I practice gratitude, acknowledging the blessings in my life."
3. "I seek purpose and meaning, aligning with my spiritual beliefs."
4. "I honor the spiritual practices that resonate with my soul."
5. "I embrace moments of solitude to connect with my spirituality."
6. "I trust the universe's guidance in my spiritual journey."
7. "I release what no longer serves my spiritual growth."
8. "I seek harmony and peace through my spiritual practices."
9. "I cultivate a sense of interconnectedness with all living beings."



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Social Self-Care

"I nurture genuine connections, fostering enriching relationships."

2. "I prioritize self-care while investing in my social circles."

3. "I communicate openly and authentically in my relationships."

4. "I set healthy boundaries to honor my needs and values."

5. "I engage in acts of kindness, nurturing compassion in interactions."

6. "I value diversity and respect differences in my social connections."

7. "I am surrounded by love and support, creating a nurturing environment."

8. "I express gratitude for the enriching relationships in my life."

9. "I radiate positivity and warmth, attracting meaningful connections."

Environmental Self-Care

1. "I create an organized and harmonious personal space for my well-being."
2. "A clutter-free space enhances my mental clarity and productivity."
3. "Natural elements in my space uplift my mood and bring positivity."
4. "My personal space reflects my true self and cherished values."
5. "An organized space brings me peace and reduces stress."
6. "My space serves as a sanctuary of comfort and security."
7. "Designing my space inspires my creativity and nurtures my ideas."
8. "Personal mementos in my space hold cherished memories and emotions."
9. "Establishing boundaries in my space supports my well-being."

Financial Self-Care

1. "I make informed and responsible decisions, controlling my finances."
2. "I budget wisely, ensuring stability and security for my future."
3. "I save and invest, building a strong financial foundation."
4. "I attract financial prosperity and abundance into my life."
5. "I release fear and welcome financial peace and abundance."
6. "Setting clear financial goals guides me towards financial success."
7. "I value financial well-being, making choices aligned with my goals."
8. "I find opportunities for financial growth and success."
9. "I am in charge of my financial destiny, creating abundance in my life."

Professional Self-Care

1. "I set boundaries to maintain a healthy work-life balance."
2. "I prioritize self-care while excelling in my professional endeavors."
3. "I communicate assertively and advocate for my needs in the workplace."
4. "I continuously develop my skills and knowledge for professional growth."
5. "I seek support when needed, valuing my mental well-being at work."
6. "I embrace challenges as opportunities for growth and learning."
7. "I practice time management, optimizing my productivity at work."
8. "I foster a supportive network, nurturing professional relationships."
9. "I am confident and resilient in navigating professional challenges."

Recreational Self-Care

1. "I prioritize activities that bring joy and relaxation into my life."
2. "I honor my need for rest and rejuvenation through leisure activities."
3. "I explore new hobbies that ignite passion and creativity within me."
4. "I allow myself to play and have fun without guilt or judgment."
5. "I find balance between work and leisure for a well-rounded life."
6. "I invest time in activities that recharge and energize me."
7. "I appreciate moments of relaxation and downtime."
8. "I engage in activities that align with my interests and passions."
9. "I create space for activities that nourish my soul and bring joy."

Relational Self-Care

11. "I communicate openly and honestly, nurturing healthy relationships."
2. "I prioritize quality time with loved ones, strengthening our bonds."
3. "I set healthy boundaries, respecting my needs and values in relationships."
4. "I offer forgiveness and let go of grudges, creating space for love and healing."
5. "I express gratitude for the people who bring joy and support into my life."
6. "I actively listen to others, fostering empathy and understanding."
7. "I am worthy of love and respect in all my relationships."
8. "I embrace vulnerability, allowing deeper connections to flourish."
9. "I invest in the growth and positivity of my relationships."

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Progress Tracker

Use the space below to share what you have learned from each section the date you completed it.

	Date Completed	What I Learned
Physical		
Emotional		
Mental		
Spiritual		
Social		
Environmental		
Financial		
Professional		
Recreational		
Relational		