

**G M I C H E L L E . C O M**

**STARTING**  
*YOUR SELF CARE*  
**PRACTICE**



**M I C H E L L E G O O D L O E , L C S W**

## **Thank you for participating in this Gmichelle Self-Care Workshop!**

We discussed *many* different ways for you to create space for your self-care. There's a good chance you may be thinking, "Where should I start?"

Use this digital workshop to jumpstart your self-care practice, reflect on your self-care needs and begin putting energy into taking care of yourself.

Don't forget to sign up for our free email newsletter to stay up-to-date on what Gmichelle has to offer!

# *contents*

04

S E L F   C A R E  
J O U R N A L I N G  
P R O M P T S

07

G M I C H E L L E  
B L O G  
A R T I C L E S

08

S E L F   C A R E  
R E S O U R C E S

## Journal Prompts to Begin Your Practice:

Which self-care **ideas, tips** or **practices** did you learn that were most **helpful** to you?

---

---

---

---

When you think of your self-care needs, which **3 needs** feel the most **important** to you?

1.

2.

3.

---

---

---

## Journal Prompts to Begin Your Practice:

Which practice(s) do you want to **start**?

**How** would you like to start?

---

---

---

---

How **often** do you want to do this practice?

When **during your day** do you want to do this practice?

---

---

---

---

## Journal Prompts to Begin Your Practice:

How do you hope this self-care practice will make you **feel**?

---

---

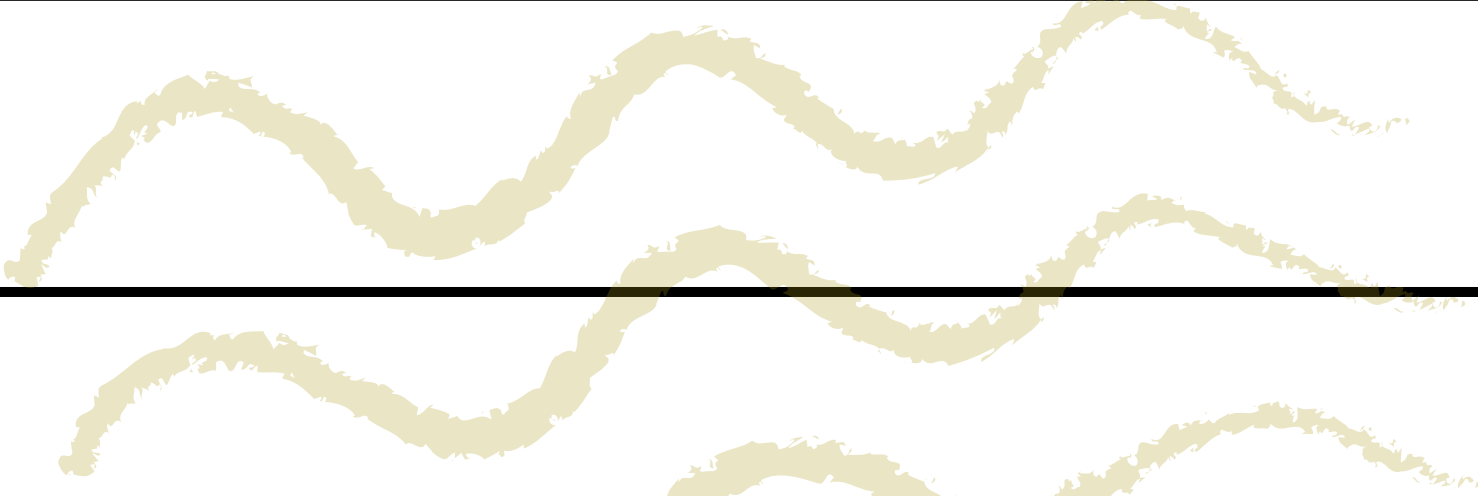
---

---

---

---

---



What will help you stay **accountable** and **committed** to beginning this self-care practice?

---

---

---

---

---

# Gmichelle Blog Articles

## Self-Care 101:

- How to Create a Self-Care Practice
- 3 Self-Care Practice You Need in Your Routine
- What to Do When You Feeling Burnt Out at Work

## Setting & Maintaining Boundaries:

- The First Step to Creating Healthy Boundaries
- The Key to Just Saying No
- 3 Ways to Set Boundaries Better

## Addressing Guilt:

- How to Feel Less Guilty for Practicing Self Care
- The Difference Between Feeling Guilty and Being Accountable
- 5 Ways to Not Work on Your Day Off

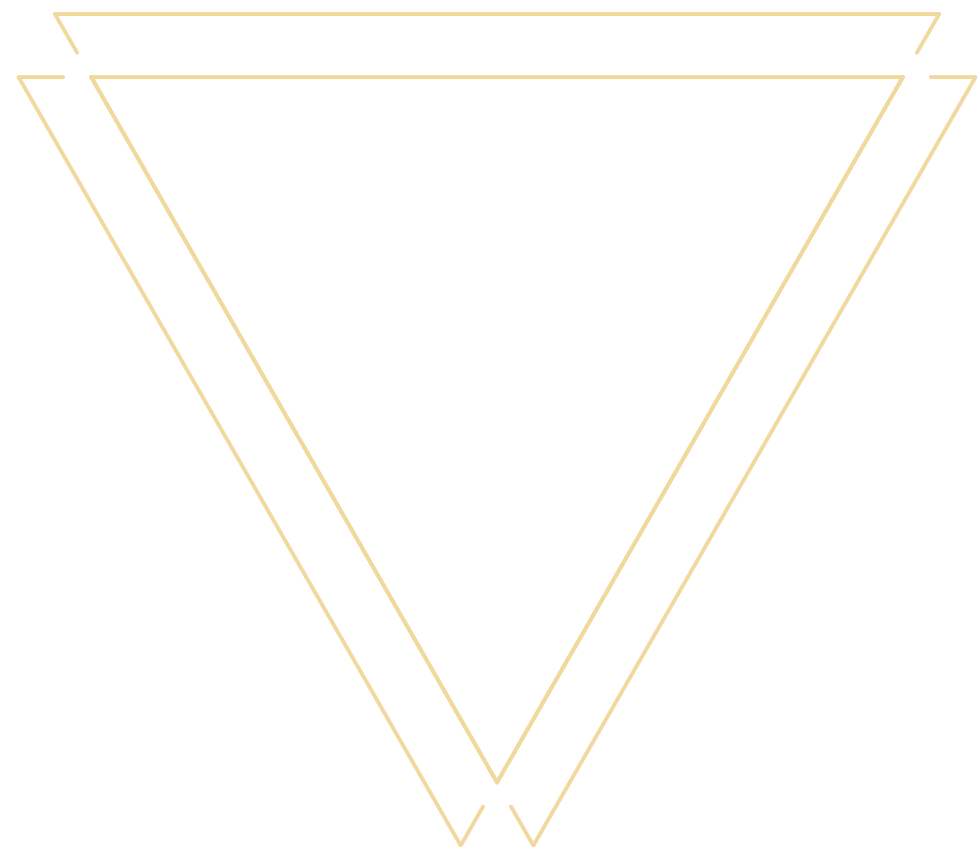
## Self-Care Resources:

### Books:

- *The Gifts of Imperfection* by Brene Brown, PhD, LMSW
- *Let Go of the Guilt* by Valorie Burton
- *Self Compassion* by Kristin Neff, PhD
- *Burnout: The Secret to Unlocking the Stress Cycle* by Emily Nagoski, PhD and Amelia Nagoski, DMA

### Guided Meditation Apps:

- Shine
- Insight Timer
- Liberate
- Calm



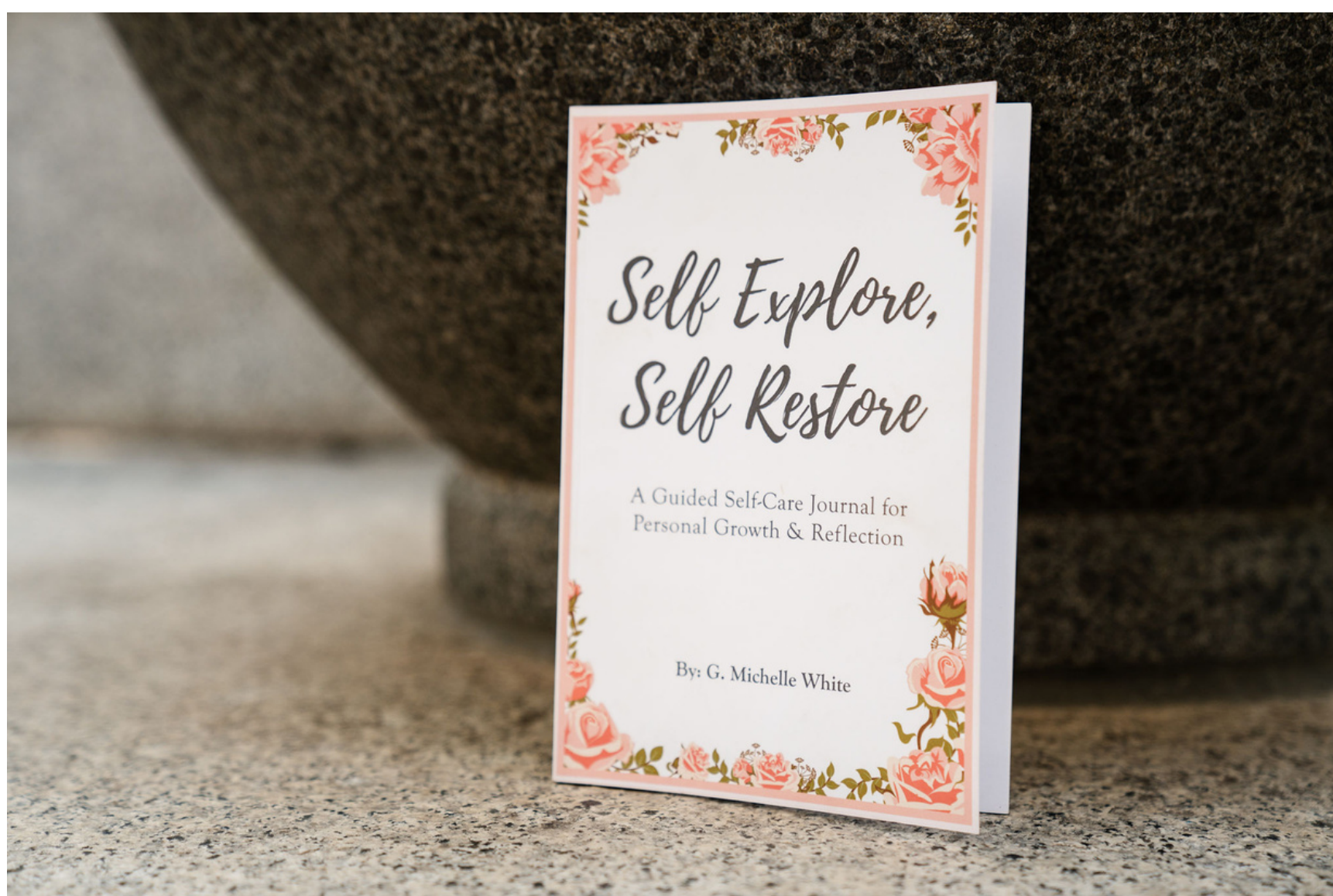
### Therapy Directories:

- Therapy for Black Girls
- Open Path Collective
- Mental Health Match
- Inclusive Therapists



## Gmichelle Self Care Resources

is a wellness resource space that encourages hard-working, caring people to make self-care a part of their lives by compassionately addressing, educating and offering opportunities to be supported on their self-care journey.



To continue your self-care journey, get your copy of our guided self-care journal, Self Explore, Self Restore. Available now on [Amazon.com](https://www.amazon.com) and [BarnesandNoble.com](https://www.barnesandnoble.com)!



Follow us on:  
Instagram, Twitter and  
Pinterest at  
@thegmichelle

