

REFLECTIONS FOR SELF CARE & SUPPORT

A moment to cultivate more self care and support



WELCOME

In this workbook are 6 questions to support you in reflecting upon the ever needed and highly important topics of self care and support.

You may wish to do them all in one sitting (if you have the time!) or to take them over a series of days.

Cultivate non-judgemental awareness and self kindness for whatever arises- there are no wrong answers or feelings here :)

You are invited to take a journal and write from the heart

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Question 1:

a) What does self-care truly mean to me in this moment of motherhood?

b) How has my definition changed since becoming a mother?

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Question 2:

a) When do I feel most nourished, grounded, and supported?

b) How can I invite more of that into my daily life?

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Question 3:

- a) What are the biggest barriers to my self-care?
 - b) Are they external (time, resources) or internal (guilt, beliefs about worthiness)?
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Question 4:

- a) Who in my life offers me genuine support (or could)?
 - b) How can I strengthen my connection with them or ask for help more openly?
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Question 5:

If I treated myself with the same care and compassion that I give my child, what would I do differently?

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Question 6:

What is one small, achievable act of self-care I can commit to today, even if it's just a single deep breath or a moment of stillness?

CONTINUING THE JOURNEY

If you have found these reflections helpful and want to go deeper then you can see some general info about:

Holistic Coaching Sessions with me [HERE](#)

the Mothers Path Program [HERE](#)

The lazy yoga circle [HERE](#)

Mama Retreats [HERE](#)

THANK YOU & WELL DONE

I hope this time spent has been beneficial for you and has given you some food for thought.

Don't hesitate to reach out if you have any comments or questions: hello@yogawithsacha.com

Yours in authenticity, presence and love,

-Sacha Jane

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