

Respect
My InnerG
TAP INTO YOUR ENERGY

CHECK OUT THIS FREEBIE

The Guide To Self-Care

This ultimate workbook is designed to help you understand self-care better.



HEY, I'M TANIKA

Zen As F*CK...But Still With The Sh!ts!

**A Licensed Clinical Social Worker, Certified Energy Healer,
Certified Sound Healer, & Certified Holistic Therapist**

It's me, Tanika Barber, otherwise known as The Energy Healer. Why the Energy Healer you ask, well it's simple... I'm protective of my personal energy and boundaries and have a passion to help others develop a practice to protect theirs as well. I am the founder of Respect My InnerG. Yes... ENERGY that is your InnerG [GANGSTA]. I work to have you tap back into you and your inner G, whatever that looks like. It can be tapping into your sense of calm, happiness, or social energy.

SELF-CARE

INTENTIONS

DAILY AFFIRMATIONS

TODAY I AM GRATEFUL FOR

TODAY'S TOP GOALS

01

02

03

SCHEDULE

WATER



SLEEP



MOOD



NOTES

CHECKLIST

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT.

MORNING SELF-CARE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

NIGHT SELF-CARE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



SMART

GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>REALISTIC</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



WHEEL OF

LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



UNDERSTANDING

GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?

