

Purposed Joy Presents

Self-Care Minutes

Daily Self-Care Reminders asnd Journal Prompts
by

Shekinah Joy Lee
MEd, ALC, NCC

Get ready for radical Self- Care !
Quick tips for best use of
this Self-Care Journal !

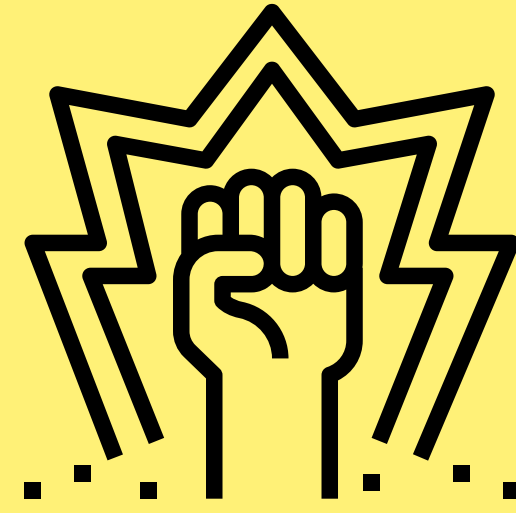
1. THIS JOURNAL IS INTENDED FOR DAILY USE
BUT YOU CAN GO AT WHATEVER PACE YOU
WOULD LIKE
2. THIS IS NOT INTENDED TO REPLACE THERAPY
3. BE AS HONEST AS YOU CAN BE IN ALL
RESPONSES FOR BEST RESULTS
4. IT IS SUGGESTED THAT YOU SET ASIDE TIME
TO MEDITATE ON YOUR THOUGHTS SO 15
MINUTES IS IDEAL
5. LOVE YOURSELF THROUGH YOUR PROCESS
AND BE INTENTIONAL ABOUT YOUR CHANGE !

FOR EXTRA SUPPORT YOU CAN SCHEDULE A
CONSULTATION ON OUR SITE!
PURPOSEDJoy.org

THANK YOU FOR EMBARKING ON THIS JOURNEY
OF SELF-CARE !

Shekinah Joy Lee

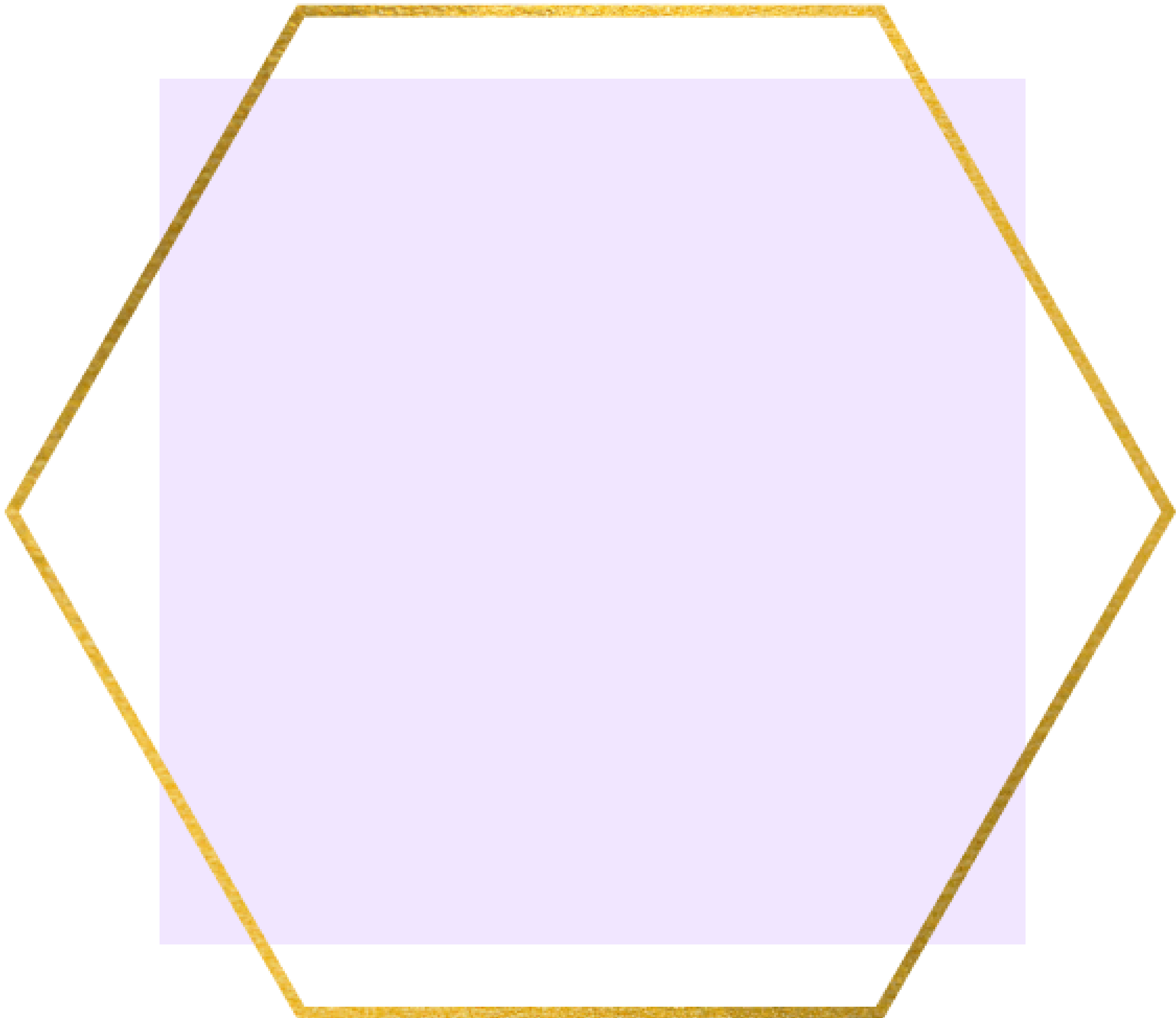
The sooner you grasp that it's not about
you, the more impactful you'll be



Every test .. every upset ... every hard day ... every vision you have..
every tough decision you had to make ... has absolutely nothing to
do with you ... I know that sounds crazy but hear me out lol There is
something that only you can do, so consequently there are
experiences that only you had to go through. People are waiting on
your story of triumph and victory. They are waiting to hear about
how you built the business from the ground up. They need to hear
how even after your heart got broken you learned to love and trust
again. They need to know that even when no one was willing to
invest in your creativity, you took a gamble and invested in yourself.
They need to hear about how you decided to fight even when they
said nothing more can be done. It was never about you, but it was
about the countless people that are connected to you and your
decision to keep pushing. So though it hurts today keep fighting!
Think about those faces you've never seen and those amazing
people you've never met. They're waiting on you to encourage them
and show them they can too !!

REFLECTION

What is something you went through that helped to shape who you are ? What did you learn ? Can it help some one else ? Share below .



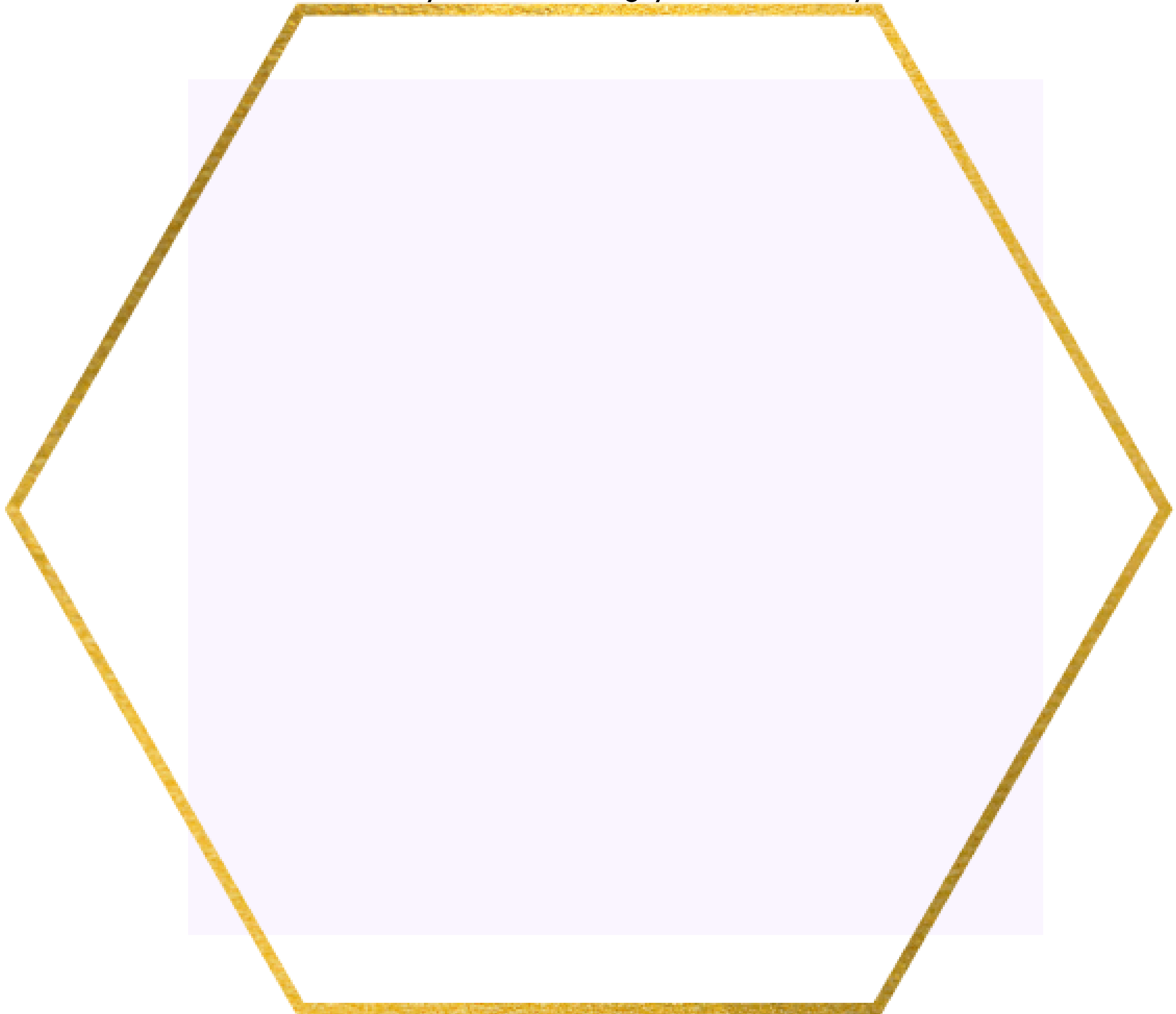
Purpose will get you where competition can not



You have to always ask yourself “why am I doing this ?” Is it because of something you saw on social media? Is it because you’re trying to keep up with someone else’s accomplishment? Is it because of something your parents said you should do? Or is it because it is something you believe is a part of YOUR purpose? You have to make sure when embarking on any new journey that the intention and motivations are pure. The purpose will keep you in the game when trying to keep up with the next person can’t. The purpose will give you the discipline to invest in yourself when it’s easier to splurge. The purpose will fuel you to step out into your lane even if no one goes with you. There is strength in knowing that what you are doing is bigger than the attention, congratulations, or positive feedback. So again ask yourself, why am I doing this? If the action doesn’t align with the purpose it may need to be adjusted.

REFLECTION

Look at everything you dedicate your time to. Do you believe that you're living your life in purpose or for the satisfaction of something else? What are some steps that you can take to be sure that you are living your life for you?



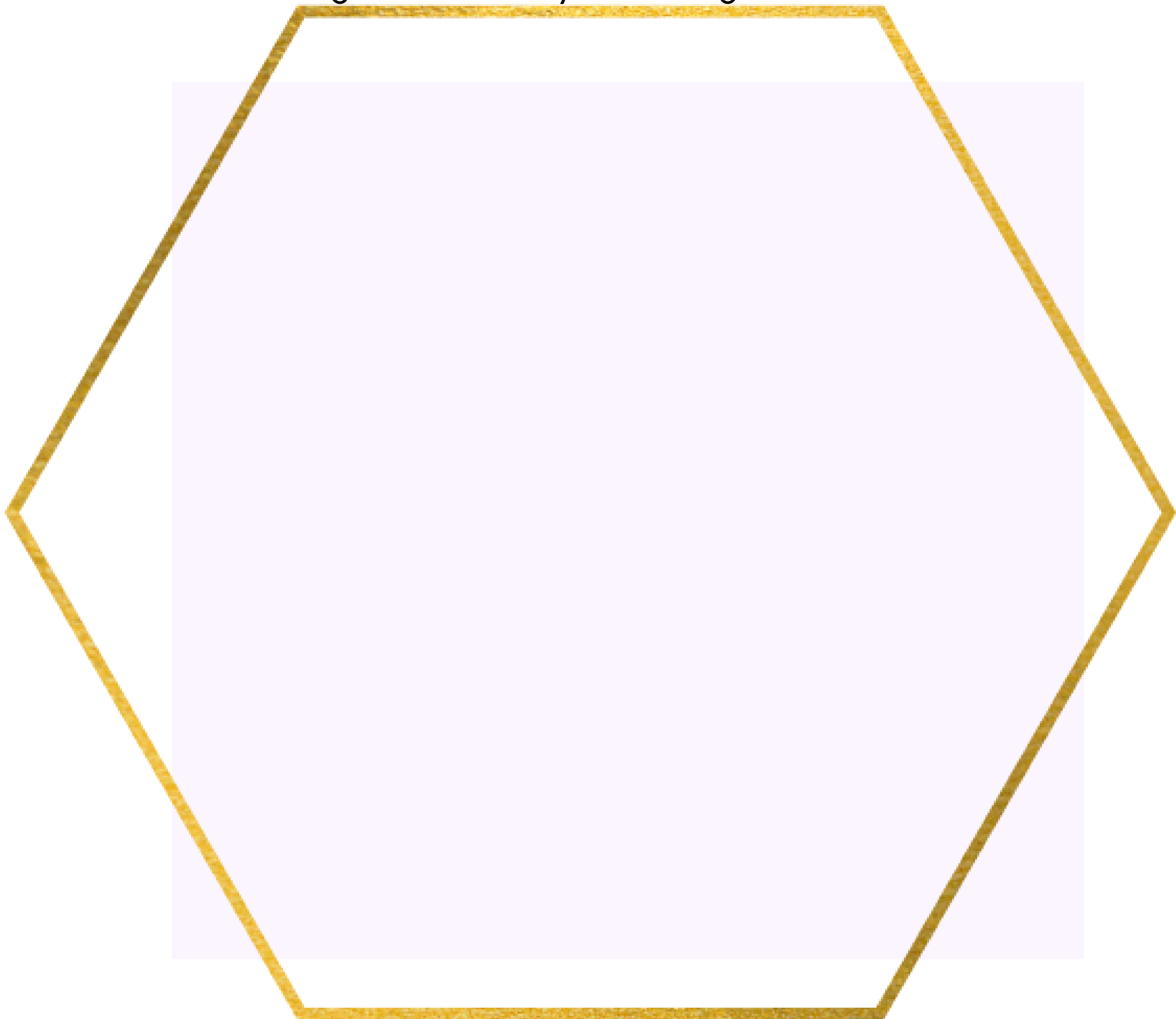
It doesn't need to be better than anyone else's.
It just needs to be yours



How many times have you sat on a gift or ability because you didn't think it was good enough? The idea that you won't pursue because you're worried about what people are going to say. How many times has doubt stolen the opportunities for triumph in your life? No desire placed on the inside of you was put there for no reason! You and what you have to offer are the answer to a prayer! It doesn't have to be the best of the best. It will be amazing because it is uniquely yours! Straight from your heart! Once you put it out there, with your honest self, it will return to you a thousand times over !! Whatever it is put doubt and comparing aside and just do it

REFLECTION

Can you recall a time that you didn't try something because you were intimidated by someone that was doing the same thing? What was it that made you believe you weren't capable? Have you ever compared yourself to someone else? How will you make sure to not let those feelings deter you again? Share your thoughts below.



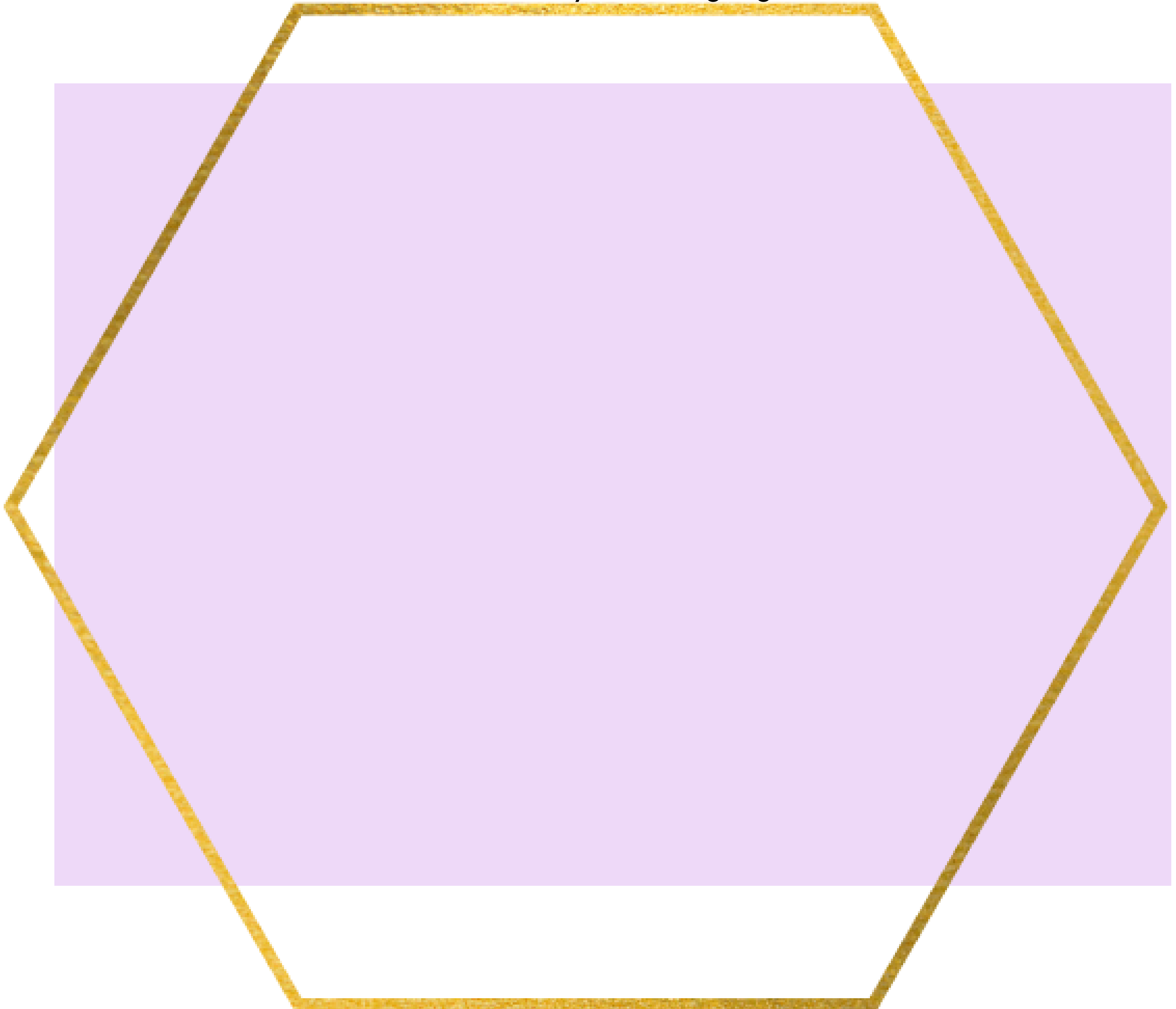
You are light



The world can be so dark sometimes. It can be easy to get lost in the abyss of negativity and fall victim to self-doubt and fear. It happens, but only when we forget what we already have inside of us. Pure light that can pierce through any darkness. This light goes with us everywhere we go and into every situation. Stay strong and keep moving forward knowing that all you need is already in you !!

REFLECTION

What are some positive charecteristics that you have? Have you ever noticed how you make others feel? Can you think of situations that you bring light to ?



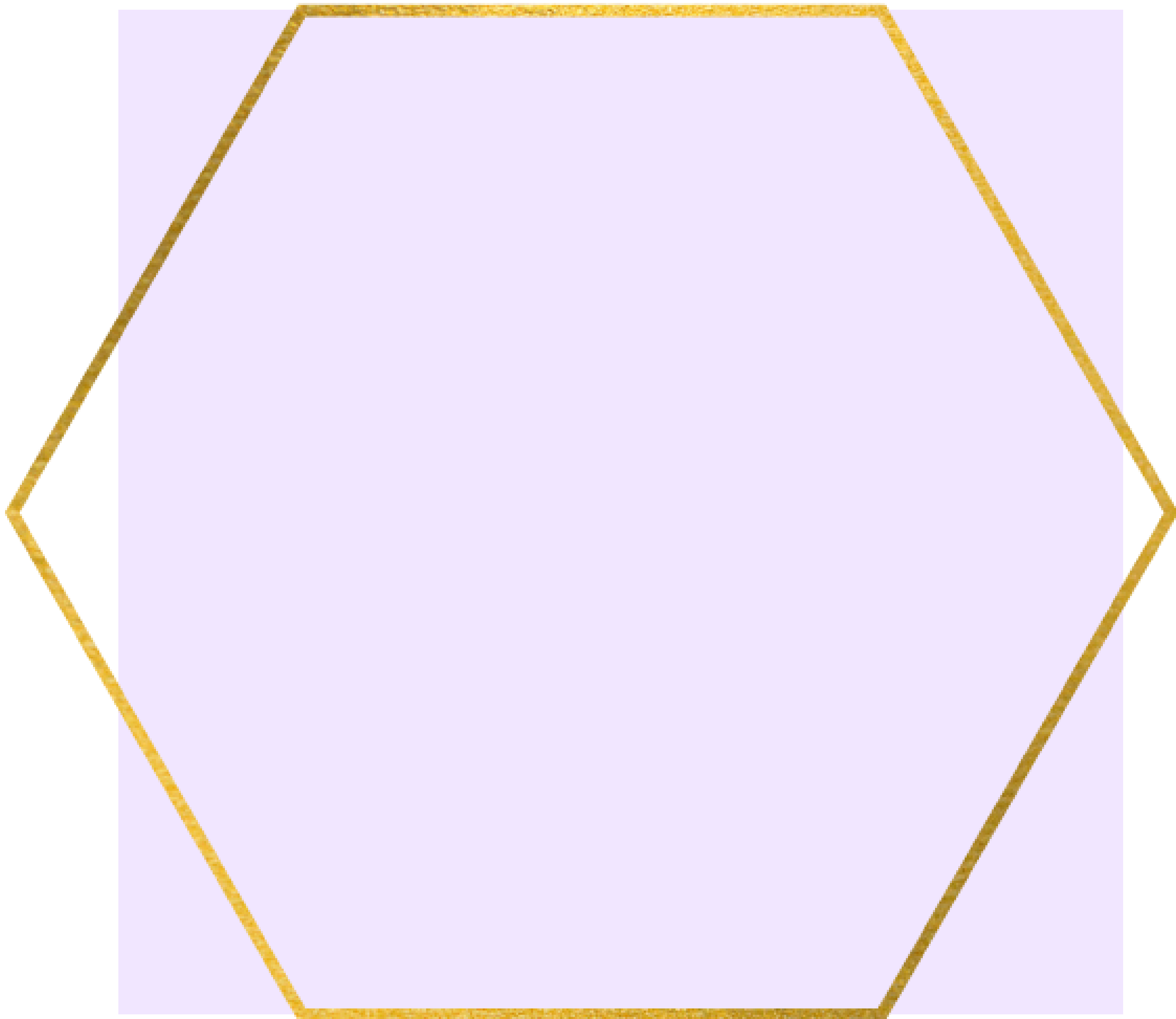
THE STRONGEST WEAPON YOU HAVE AGAINST NEGATIVITY IS YOUR WORDS



What is your narrative? Negative thoughts will come constantly disrupting the flow of positive energy in your life. The trick is using your best tool to regulate that feeling. The tool is your words! What are you telling yourself when you have that low feeling? What are you telling yourself to check your ego and redirect that energy? How are you verbally encouraging yourself? Yes, that negative voice in your head is strong but your positive voice is stronger and louder! With consistent practice, positive words can completely alter your thinking! Read what encourages you. Listen to what inspires you and speak what will protect and grow you!!!

REFLECTION

What positive things will you start telling yourself? Use the space below to share.



START INVESTING YOUR ENERGY INTO PURPOSE
AND WATCH YOUR SELF-WORTH SKYROCKET

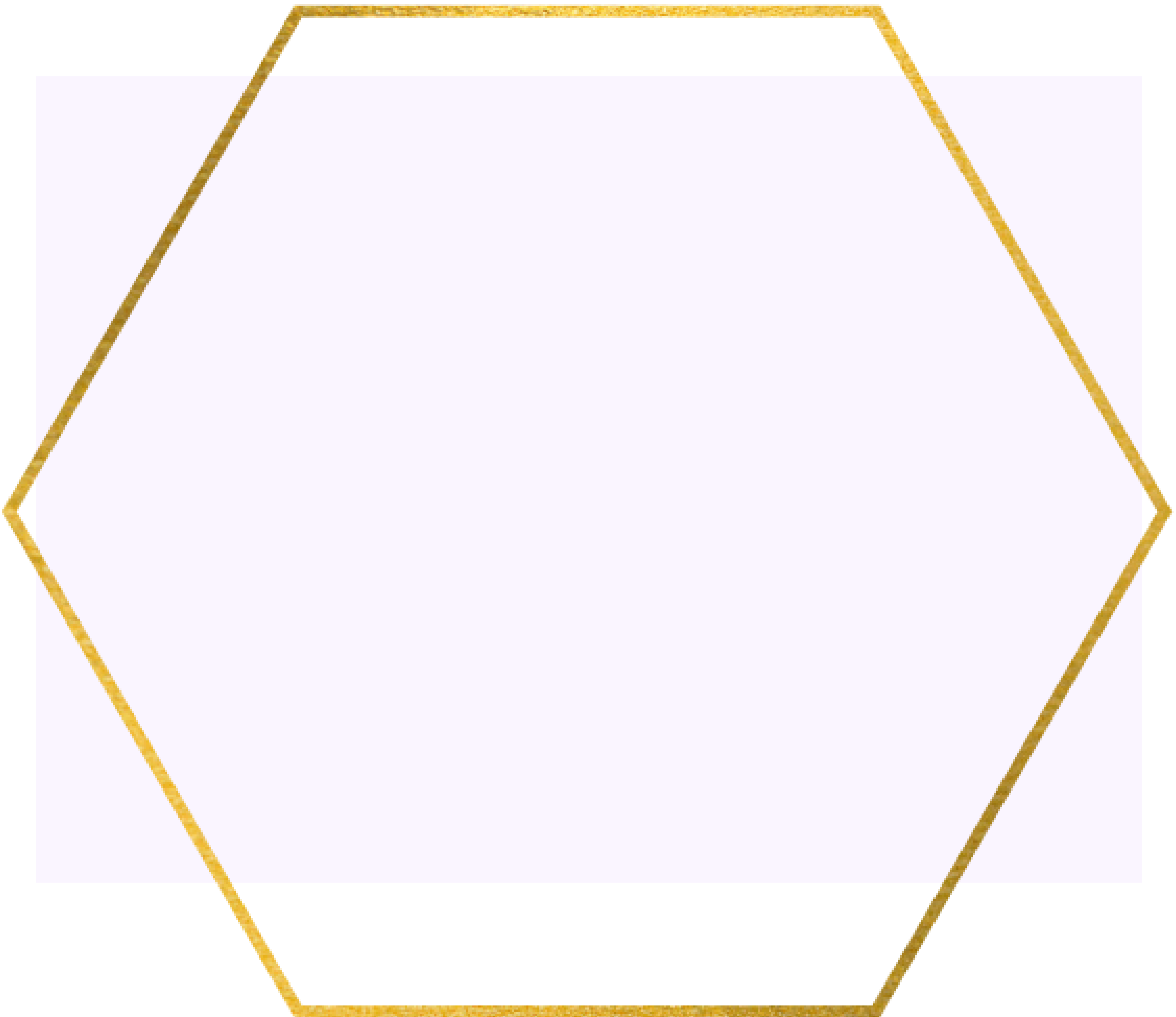


Our value is not based on what we have while we're on this earth, but the legacy we leave behind. What are you impacting? Who's life are you influencing? What will be better because you were in the mix?

Take time to discover what it is about you that only YOU can do because that's why you're here!! There's something irreplaceable that you bring to every situation you're apart of. The only job you have is making sure you put your efforts into developing that gift!

REFLECTION

What can you do to start investing more time
in you? What your plan down below!



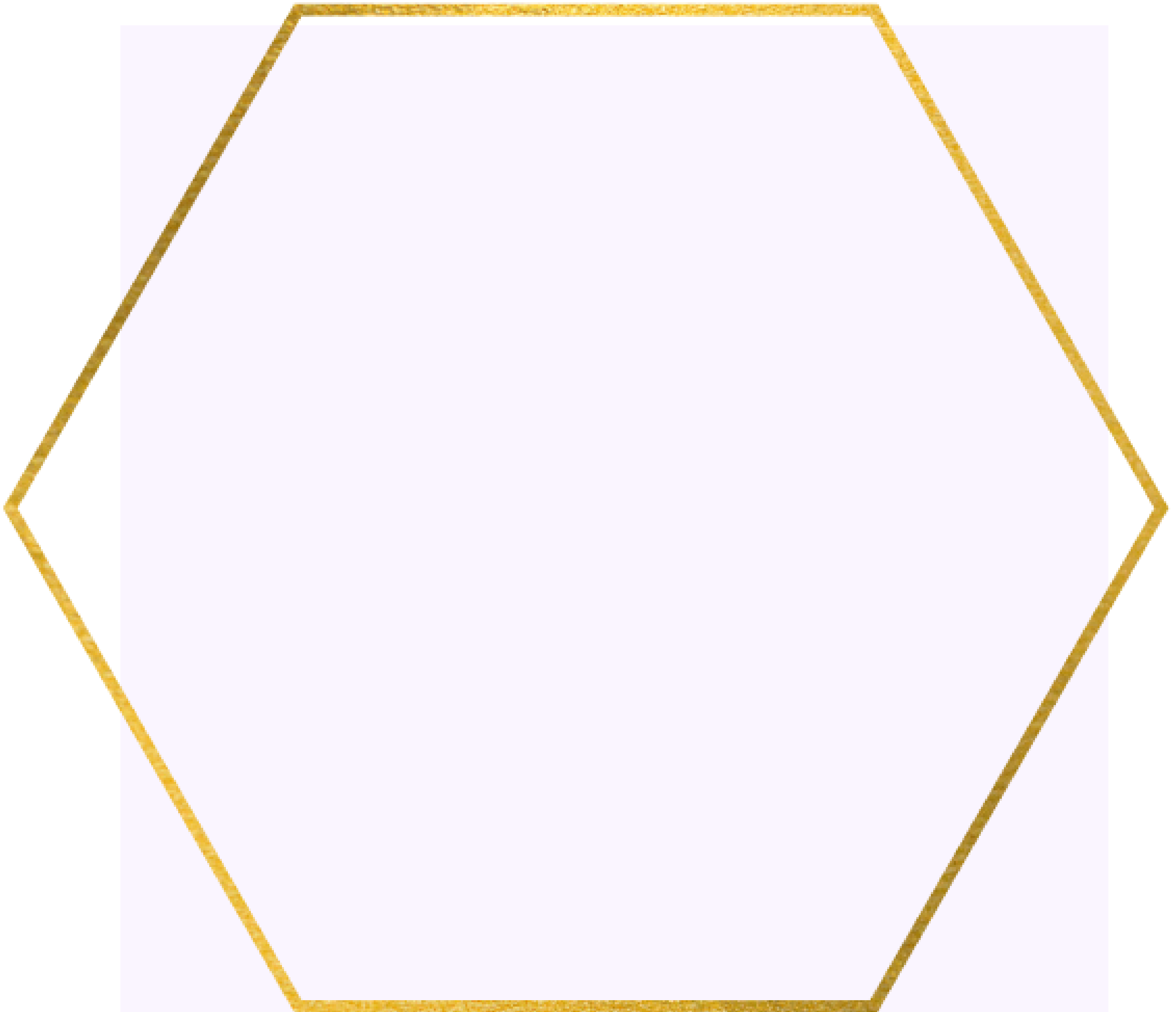
- 1. Unconditional acceptance of self**
- 2. Unconditional acceptance of others**



Something phenomenal happens when we start to accept our whole selves. We stop comparing ourselves to others. We stop trying to hide parts that we are ashamed of. We start walking with our head a little higher. We don't just love ourselves we accept every little piece too. It's only in that space that we can unconditionally love and accept others. Every part of you is amazing !!! Do the work and find out why !

REFLECTION

Write yourself a
loveletter below.



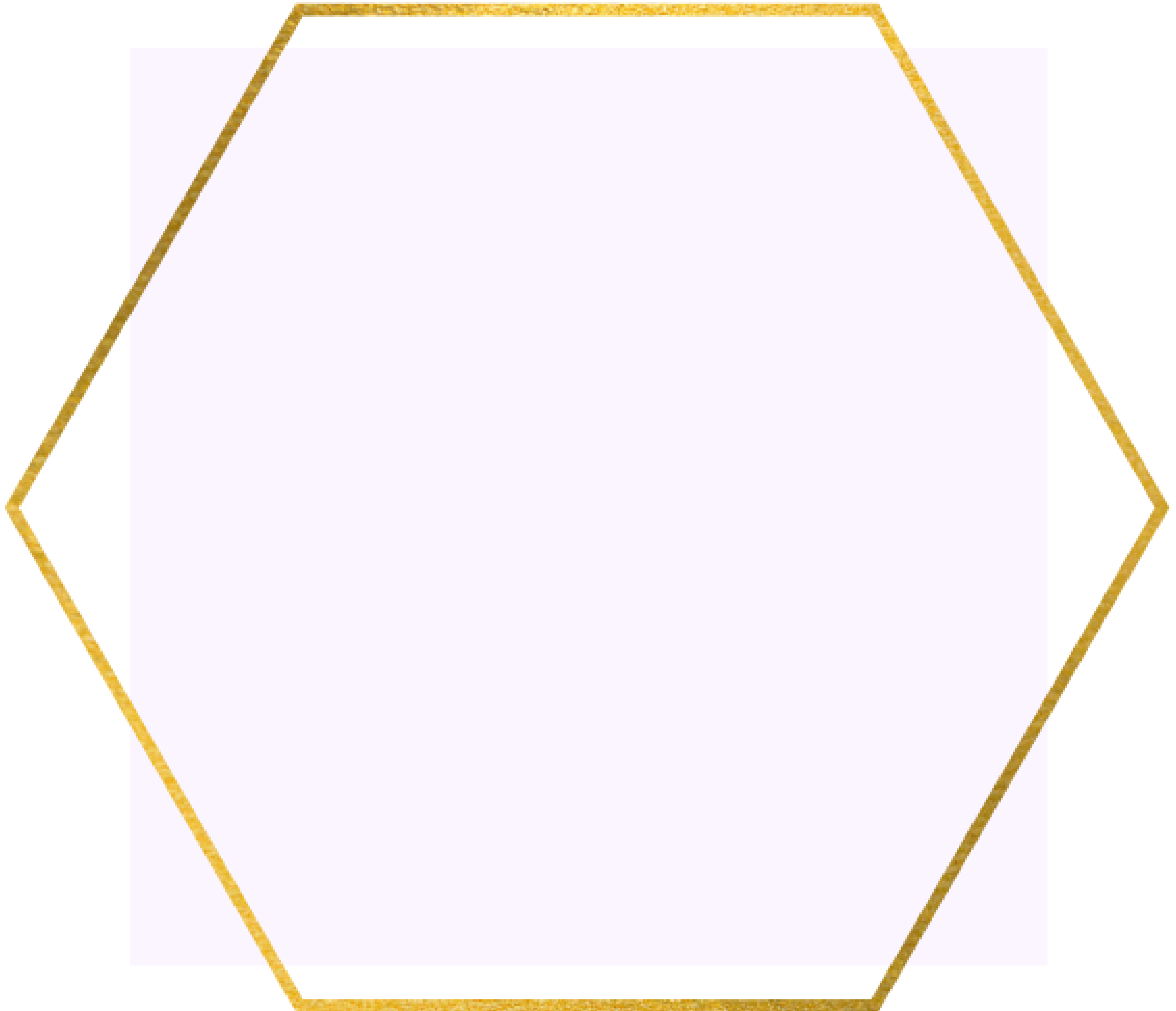
Consistency sows the seeds of manifestation



Whatever we are doing constantly is what will show results. As we are creating these goals for ourselves, remember to stay consistent. It is definitely easier said than done, but that is the only way we are going to see what we want in our lives. The challenge is to do better about taking care of yourself this year . Start with doing what you say you will consistently and watch the new you and your wildest dreams manifest !

REFLECTION

In what areas can you
be more consistent ? How
do you plan to improve in that
area ?



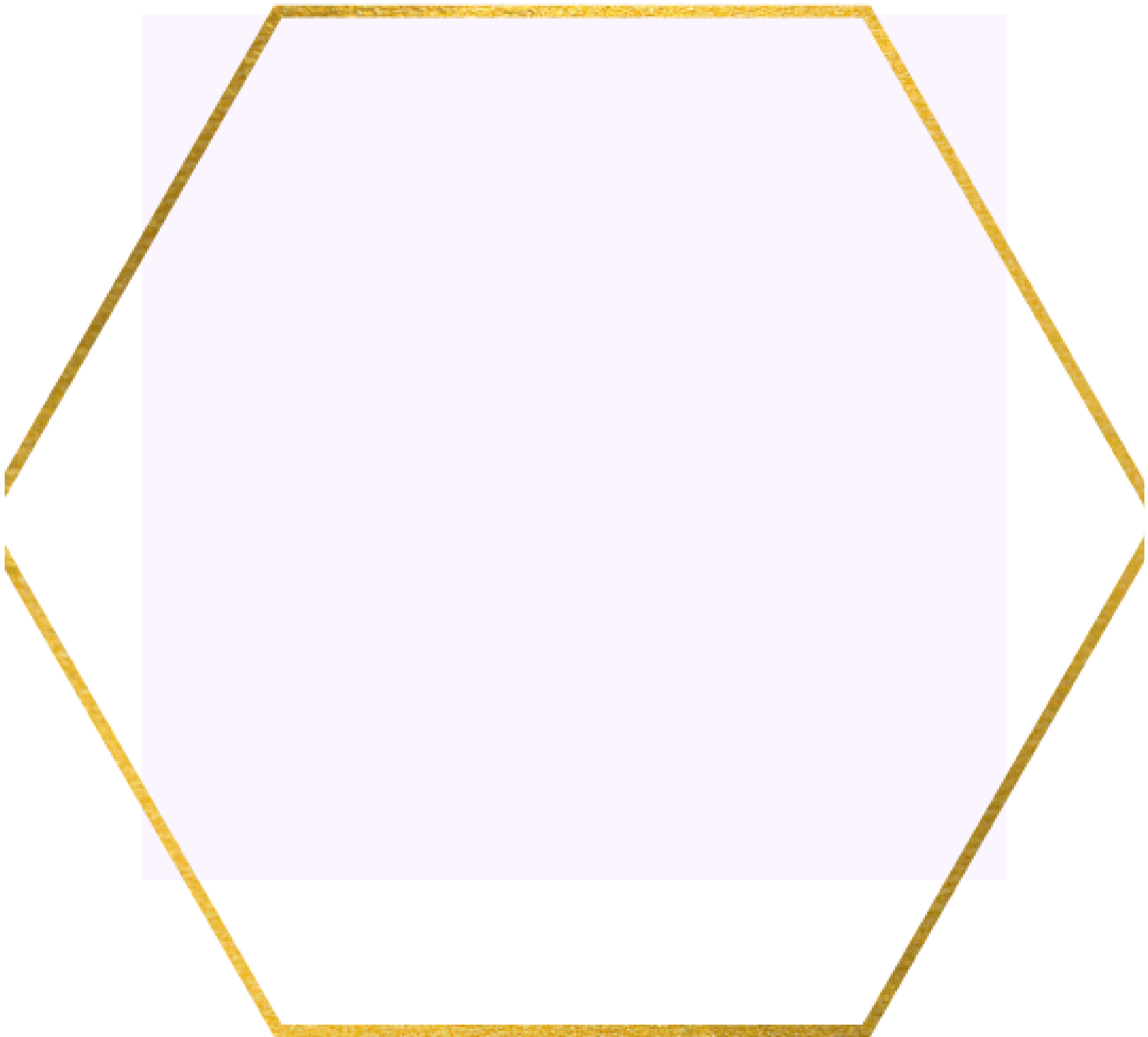
Don't let the shame of the past depreciate the value of
your future



Shame can keep us from every thing that the future holds for us. You are not your past ! You are not your mistakes ! Everyday that you wake up you have the opportunity to reinvent yourself ! So what will you do ? What decisions will you make ? You have the power to change the narrative that is your life ! Don't let shame and doubt keep you from that !

REFLECTION

What in your past
has kept you from
becoming your best
self? What can you
do to encourage
yourself to let go of
it ?



Take time to be present and you'll find life's greatest gifts

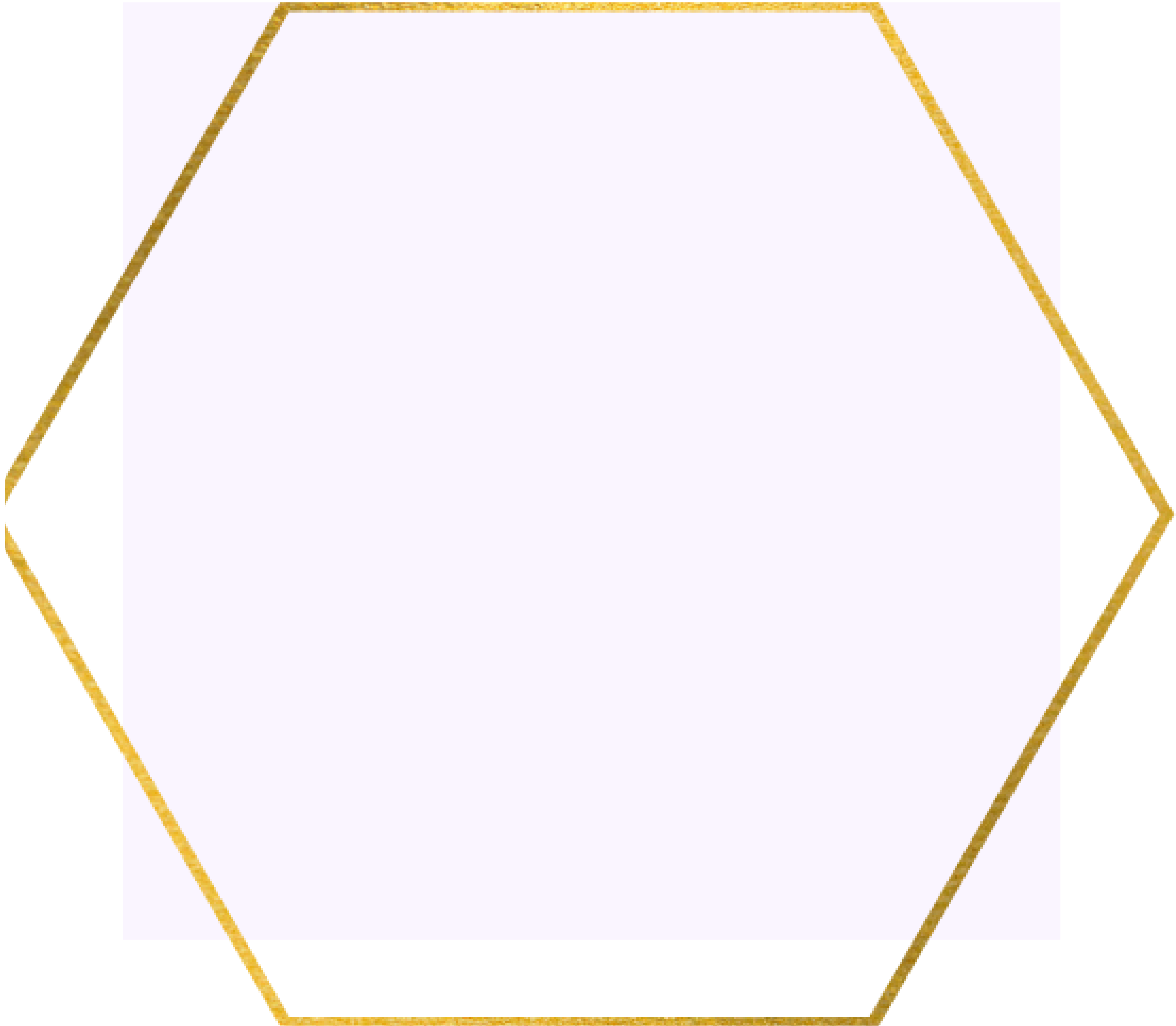


It can be easy to get caught up with the demands of this life but give yourself the gift of being present. If it's taking some time to write a gratitude list or spending time meditating on your most memorable moments this year. Take time to really be present take in some fresh air ! Breathe deeply and exhale !! I ! Look around yourself and I'm sure you'll find that you're more blessed than you realize

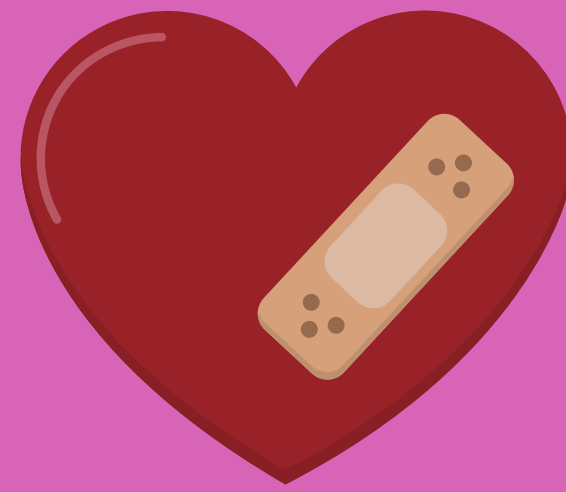
MALAK EL HALABI

REFLECTION

Write a gratitude list
below



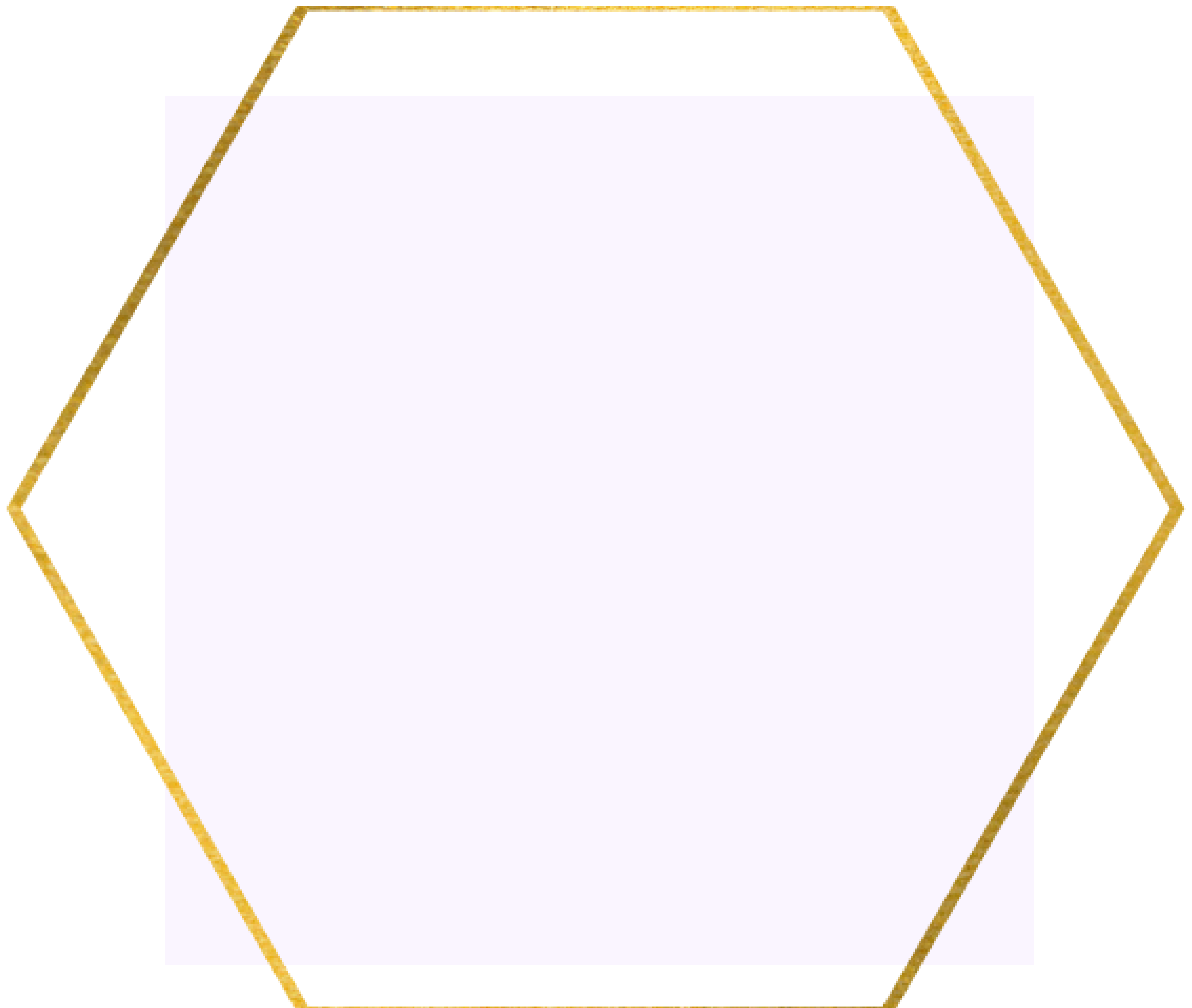
DO THE WORK AND HEAL
SO YOU CAN LOVE YOURSELF LIKE YOU'RE SUPPOSED TO



It can be hard to see ourselves past our trauma. Even harder to see ourselves past the negative things we say about ourselves. We don't do the work to heal properly we take away the opportunity of changing how we see ourselves. Seeing yourself without that negative self talk ...seeing yourself as more than your trauma ... and see the whole you !! It will be easier to love the whole you every part of yourself. That is the best and purest love on this earth... the love you have for yourself

REFLECTION

How can you
encourage yourself
today ? Write yourself
some encouraging
affirmations below.
For example : I am
strong. I am better
than my past. I am
successful



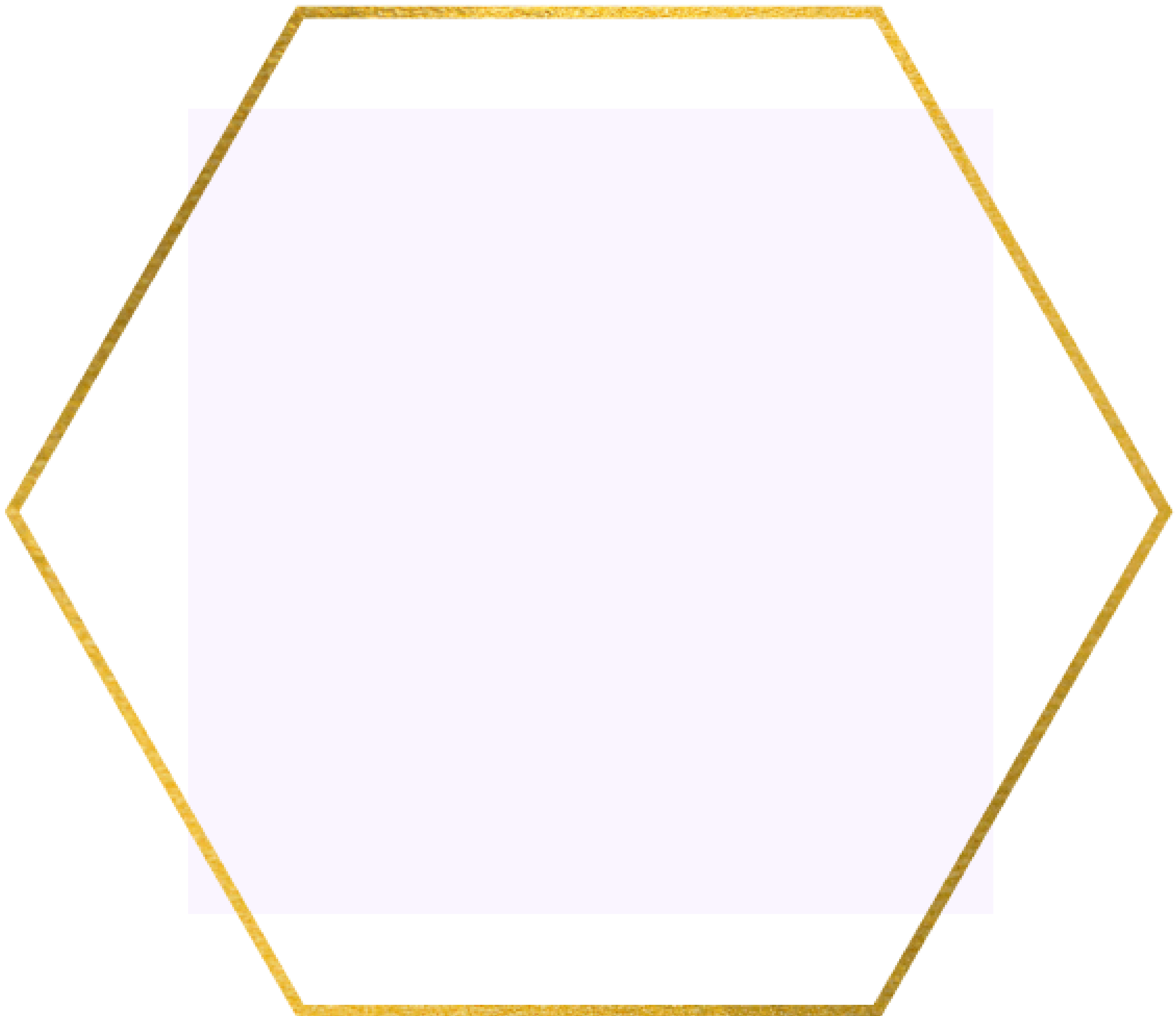
Stop allowing anxiety to talk you out of what is
already yours



Joy , peace , love , success and everything else you've ever wanted you have !! That's right you have it already! However , more times than not anxiety about certain things will try to convince us otherwise. It can be one of the best days we have ever had and some how something triggers us and steals that joy from us. Understand though, it can't be taken if it wasn't there in the first place. You've got the power to put that joy back in your life. You have the power to walk around in peace. Yes maybe some assistance is needed professionally or otherwise to get there but anxiety does not control you ! Enough is enough ! Time to take it all back !

REFLECTION

What are some ways
you can choose joy
and optimism today
? Write some ideas
below.



Fear does not have permission to dictate your future

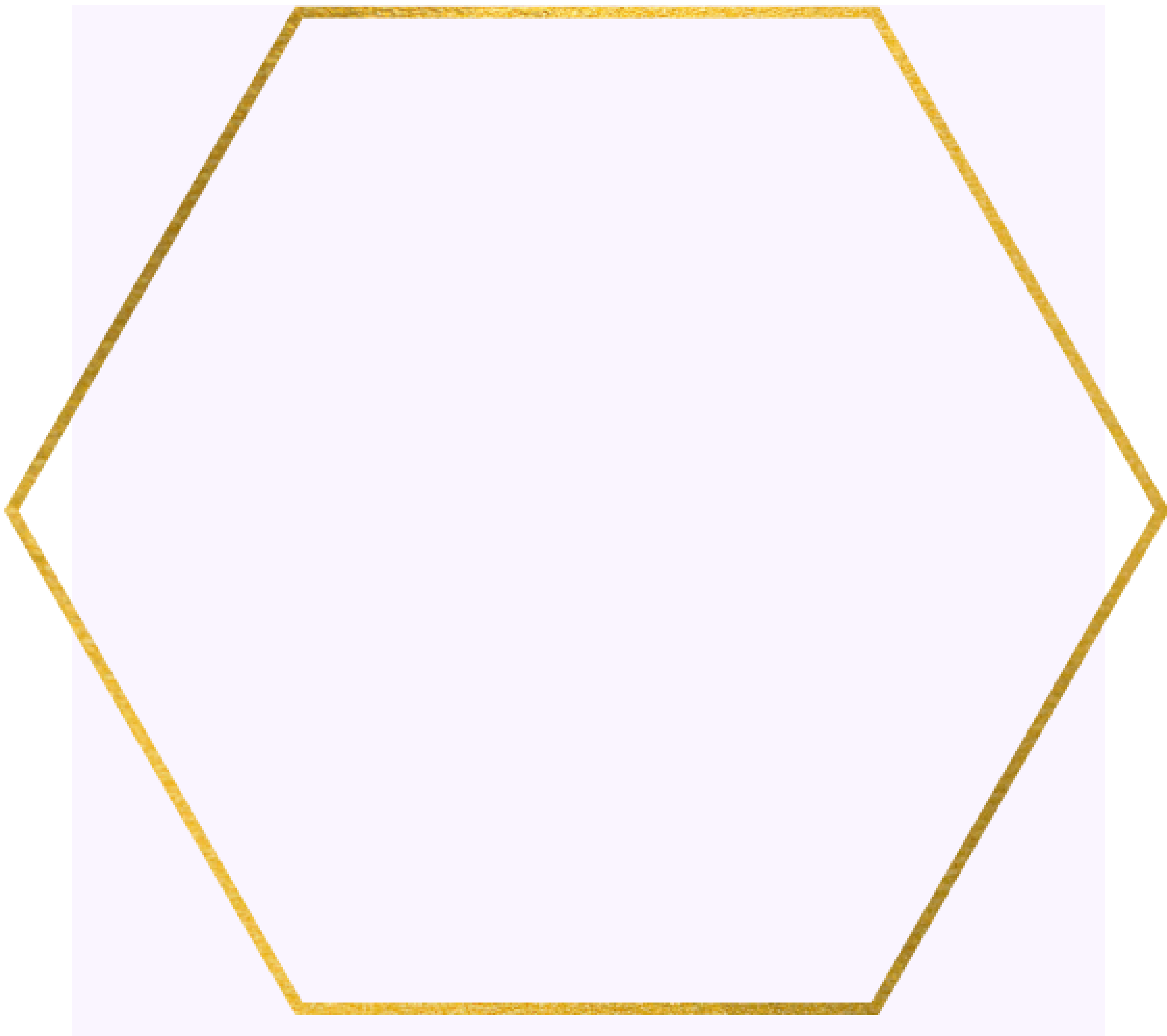
~~FEAR~~

What limits have you made for yourself ? Why ? When you think about all that you want you want , what is the thing holding you back ? Imagine a life with no limits . If that thing couldn't stand in your way anymore. Start creating the life that you know you could live if you conquered it all. If you took yourself out of the box because there is not one. If you pursued every endeavor because you feared NOTHING! What would that look like for you ? The reality is that life is already yours. Fear tries to make you believe that there are limits to your potential.

That you can't reach your best self. This is a reminder that fear is a liar! You can ! And you will !!!

REFLECTION

What would your life
look like if it had NO
LIMITS!! Write your
thoughts below !



Choosing to forgive and accept does not make
you weak

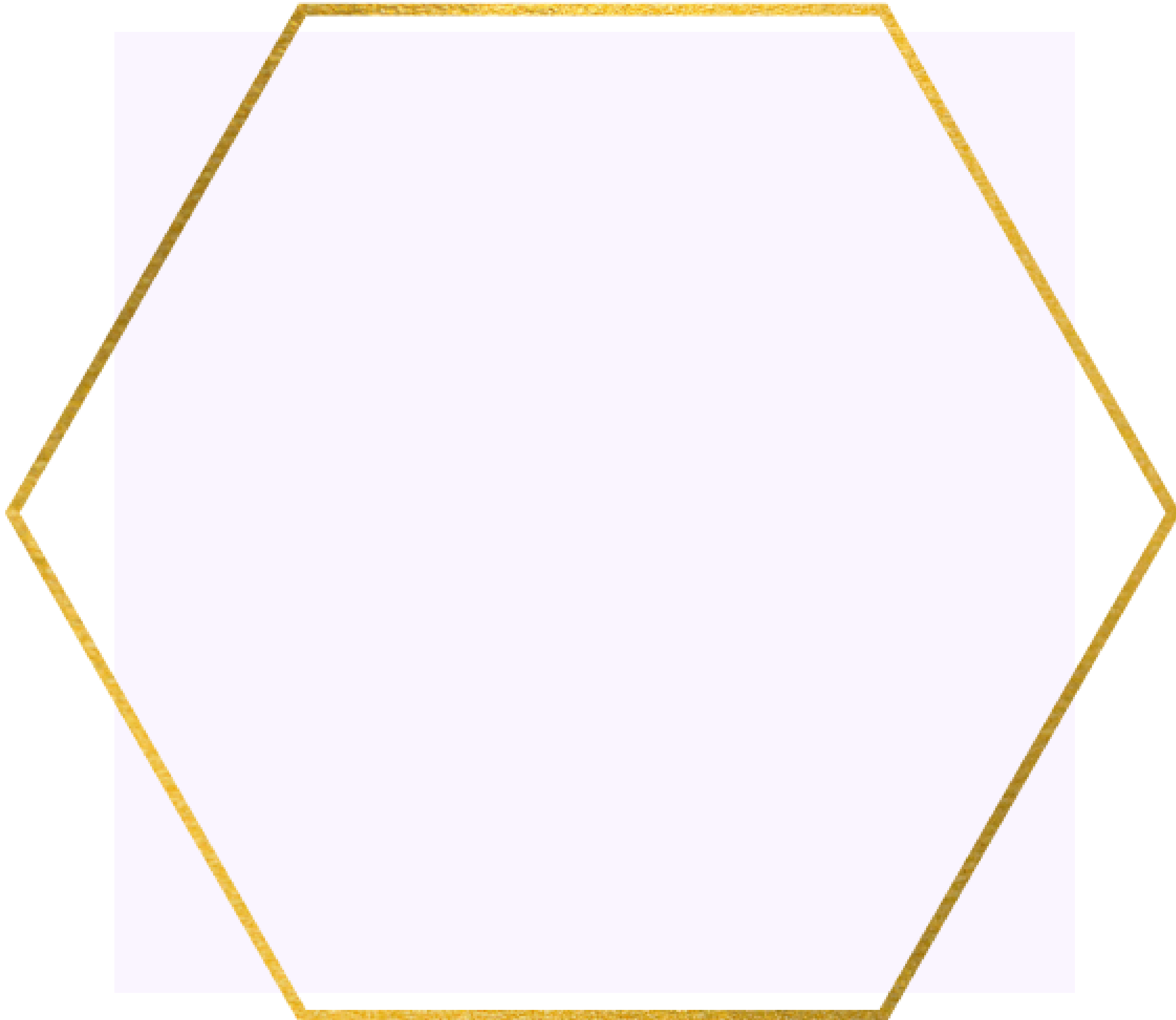


Retaliation is not necessary. What's meant for you is for you
and that is all there is. People may try to convince that
anything else is the answer ... that vengeance is
necessary... that you can't just let it go ... you can ! There
are more important things you can focus your energy on...
you can forgive and you can move on .. and truly you will be
stronger because of it !!

REFLECTION

What are you going
to do today to
exercise forgiveness?

What are some
situations that you
remember choosing
to forgive instead of
retaliate? How did
you feel ?



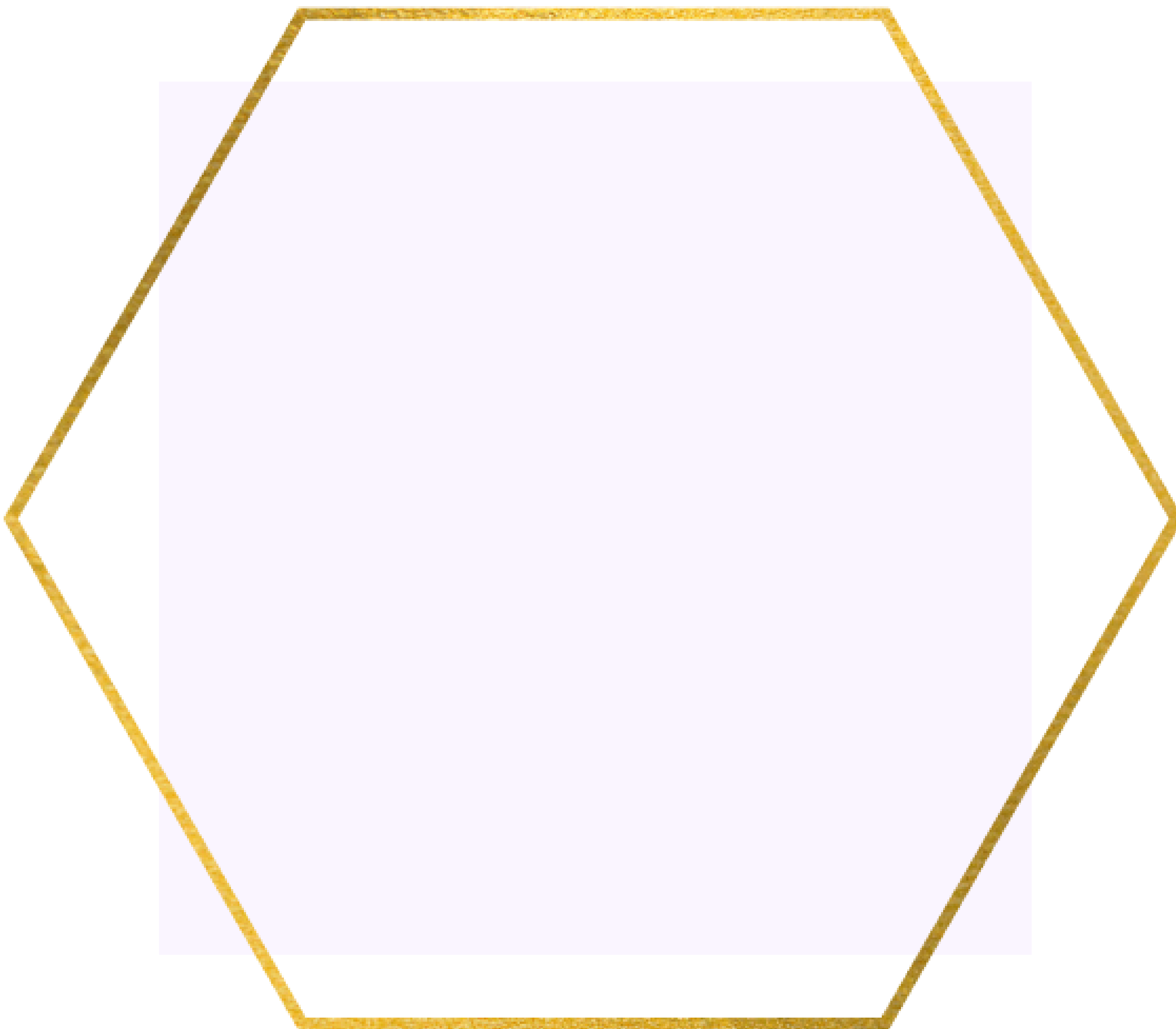
When you honor and cherish yourself
the ones who are purposed for you will too



You teach people how to treat you every day . How you talk about yourself what you tolerate it all adds up to what you will accept from another person. You want to be held on a pedestal hold yourself on one first. No one will do for you what you won't do for yourself. Take authority over your relationships by leading by example. Honor yourself. Value yourself . Watch how the ones with the best intentions follow your lead

REFLECTION

How will you be kind to yourself today ?
Can you think of some relationships you
need to show up for yourself in ? How
can you show others how to treat you
better ?



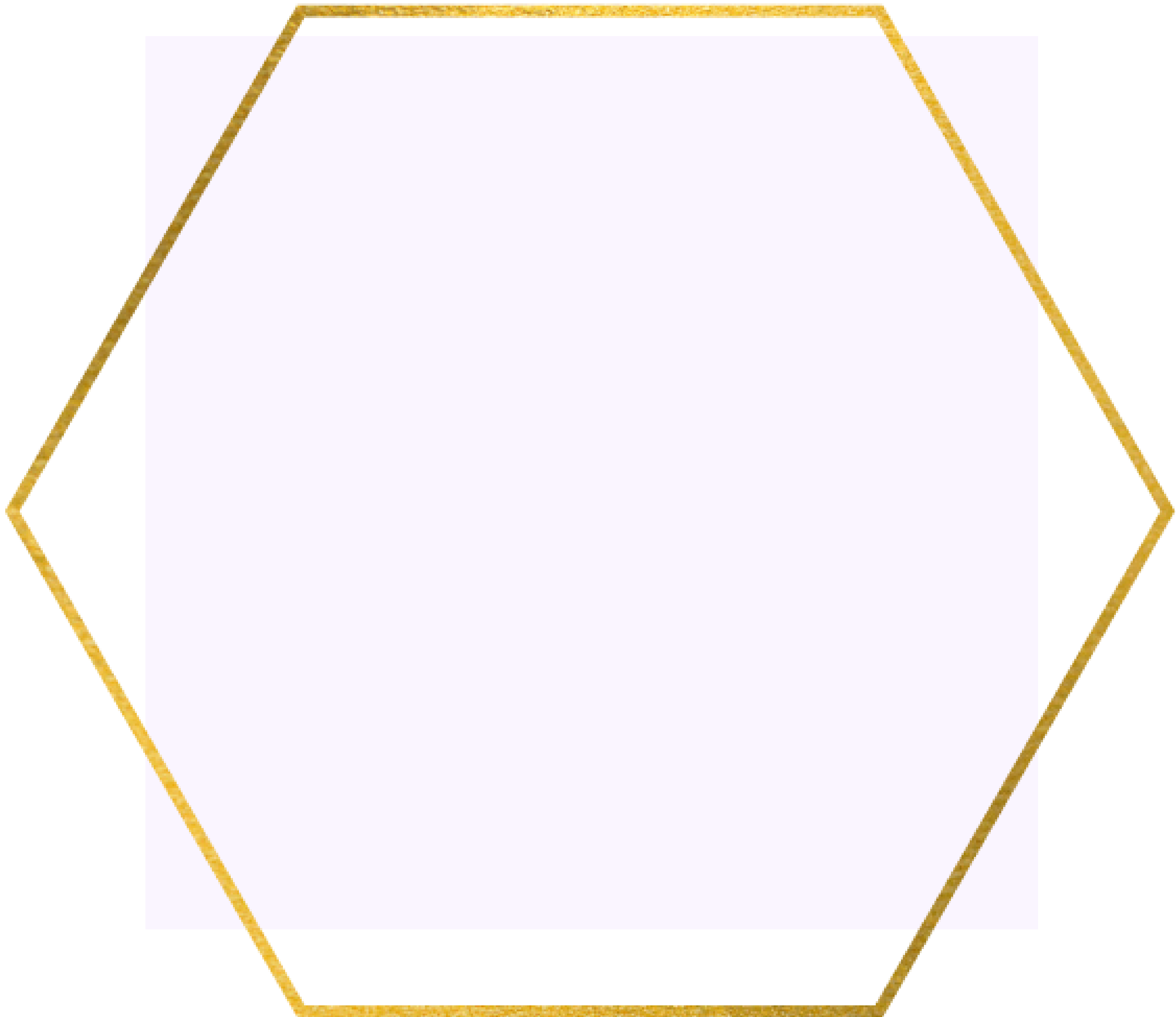
What road would you choose if you weren't so afraid of being on the journey alone ?



Sometimes we know in our hearts what the right decision for us is. We may also know what the next destination for us is. However, when we think about what that takes we may get scared and intimidated. Your purpose and its fulfillment is more important than any relationship. You must be able to stay the course even if it seems as though you have to do it alone. The most beautiful part of starting a new journey is that you're guaranteed to meet the people you are purposed for along the way. As difficult as it may be to separate yourself and head in the direction you know is right, you owe it to yourself to take the leap of faith. Make the decision and start today. You never know who or what is out there waiting for you!!

REFLECTION

What have you been afraid to do because you were too afraid to do it alone? Pick one of those things and write the date for when you will do it. If it is in you to do it, that means it is meant to be done. Whether you are with someone else or doing it by yourself.



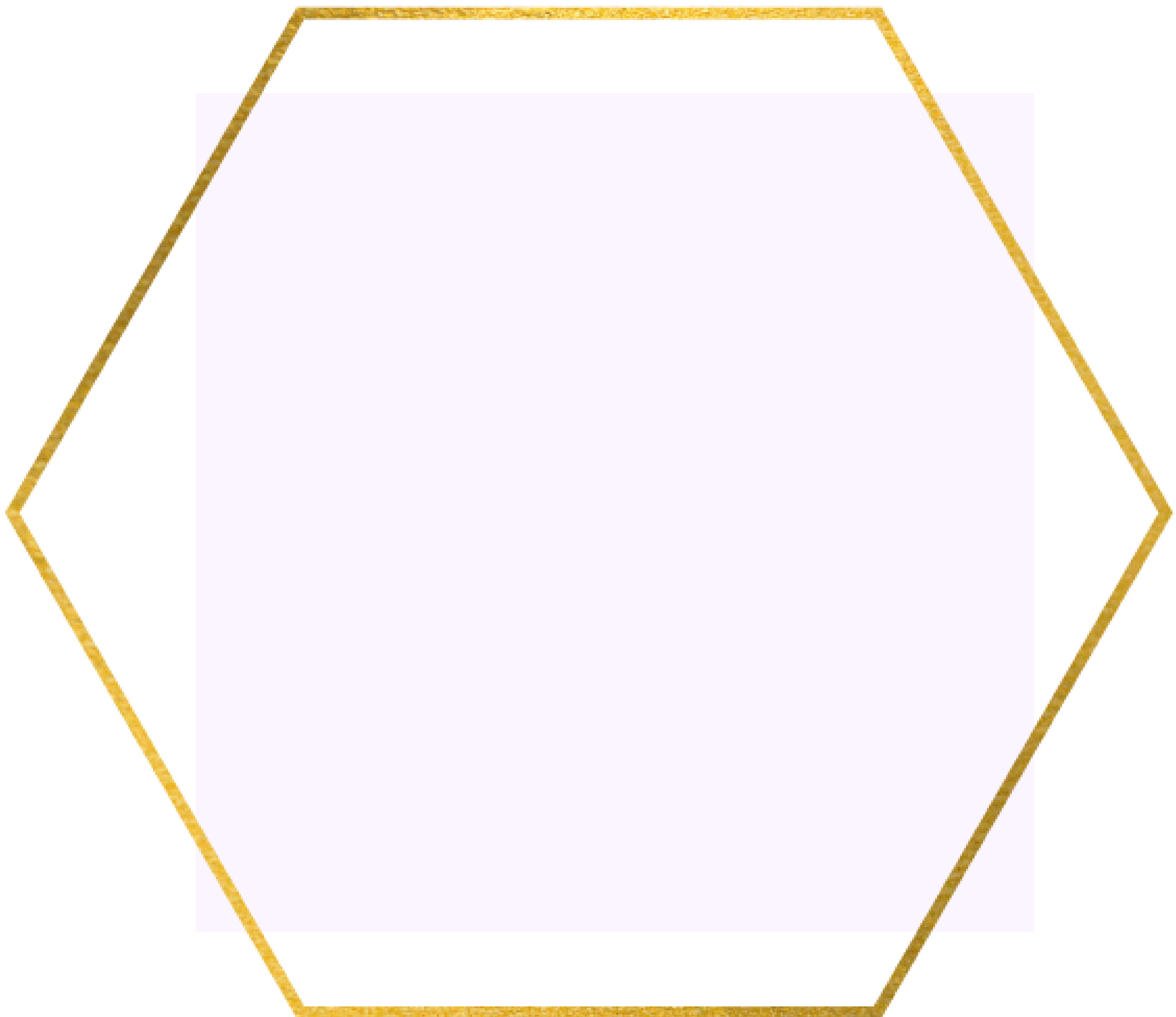
Take the first step of faith and let purpose lead
the rest of the way



Start !!! Do it today !!! Whatever it is
just take the first step and everything
you need will follow after !! There are
people attached to your gifts and
purpose. Don't let lack of resources
or know how keep you from pursuing
what is already yours !! Your purpose
is waiting for you !!!

REFLECTION

What have you been putting off doing? Write a letter of encouragement to yourself to try it anyway.



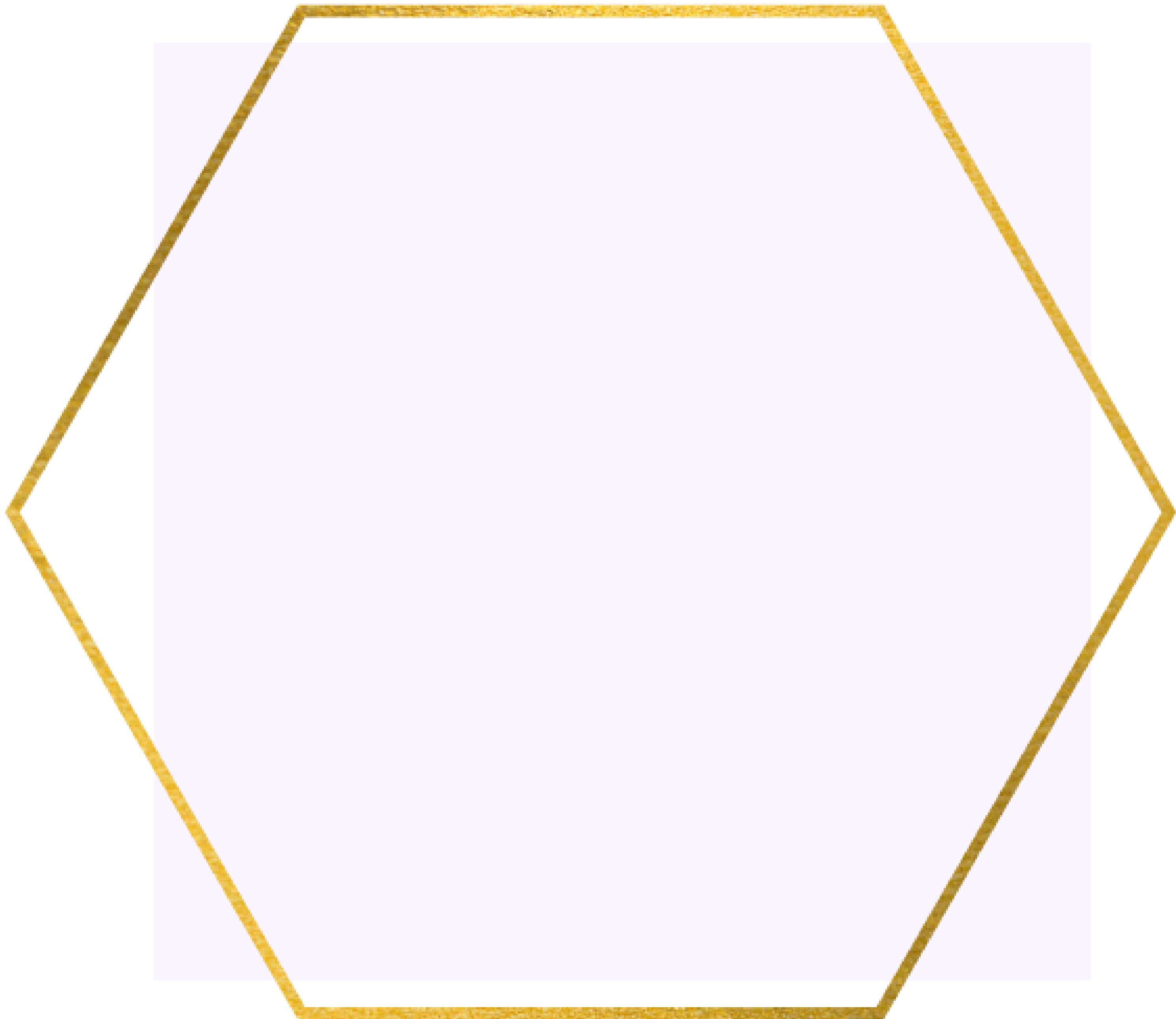
Sometimes that unconditional love has to be
from a distance for your protection



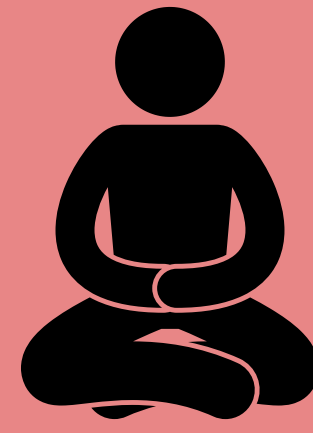
When some one holds a special place in our hearts we can easily bypass ourselves for their needs. We will forgive and let go even when it stings every part of our body. Somehow, we'll look past any pain for the sake of loving that person through everything. Though love can be difficult and challenging, it will never ask you to betray yourself. Love won't mentally drain you. Healthy love will push you to your best self. Healthy love will respect you even when it isn't easy to. You won't have to be anything less than who you are for healthy love. When you choose yourself you're not breaking your promise of the love being unconditional. Instead, you know it is best that you do it from a distance.

REFLECTION

What are some healthy ways that you
can put some distance in your
negative relationships?



Care for your temple.
It is the key to unlocking your best self.



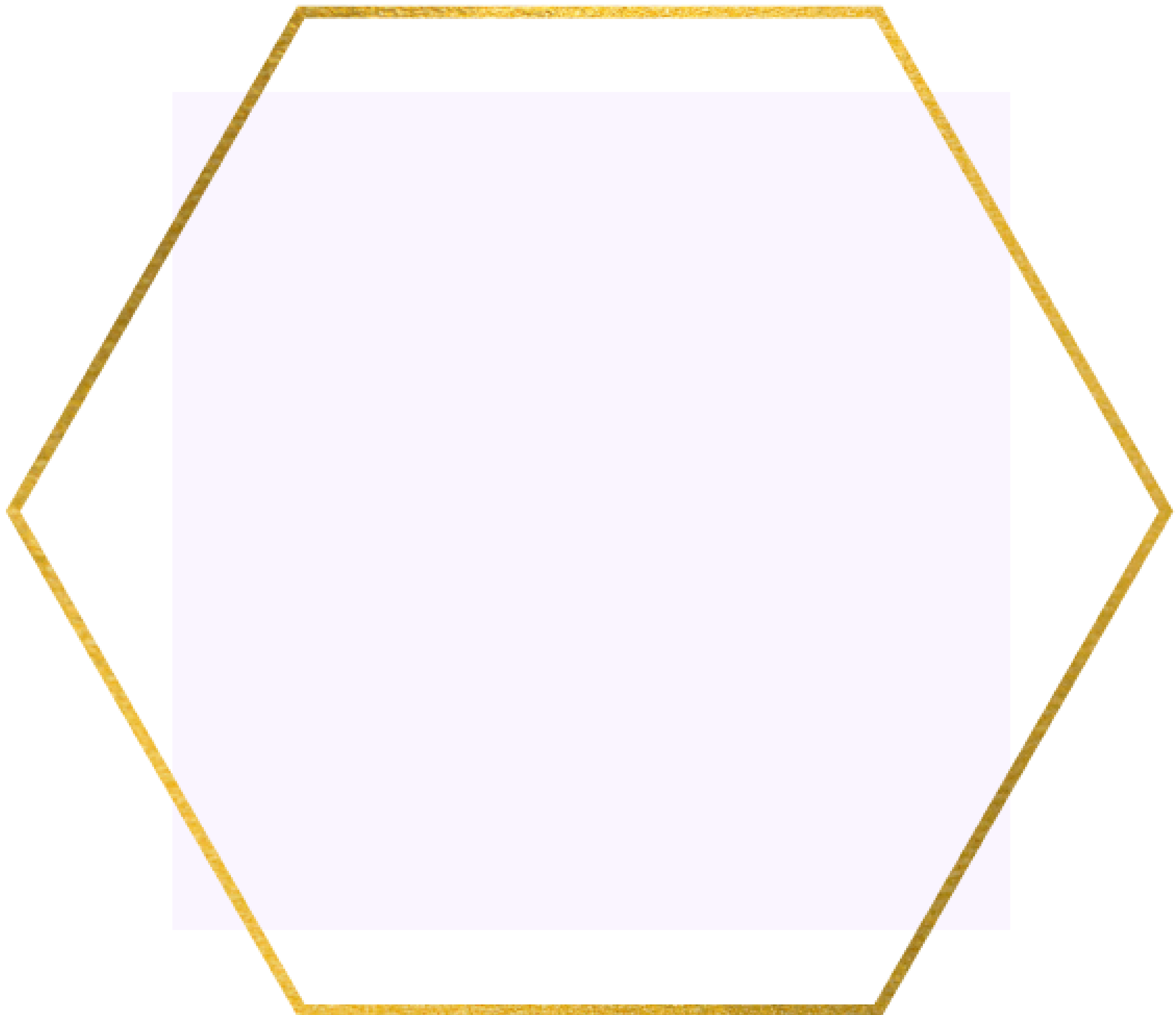
When is the last time you admired yourself? When you looked at every single part of you. I mean really sat back and took in the little imperfections and flaws that make the remarkable you.

When is the last time you appreciated the art in your construction?! Your eyes... .your smile... .your shoulders....your toes... It all makes up the masterpiece that is you and you're the only one. As with any custom made piece , you must be protected and cared for. What you expose your temple to is often times a direct reflection of your love for it. It's your body ! Every goal that you accomplish won't be possible without it! So care for it cherish it... nourish it.. EMBRACE it!! Develop that unconditional relationship with it ! Your body has supported you for so long. It is time for you to do the same !

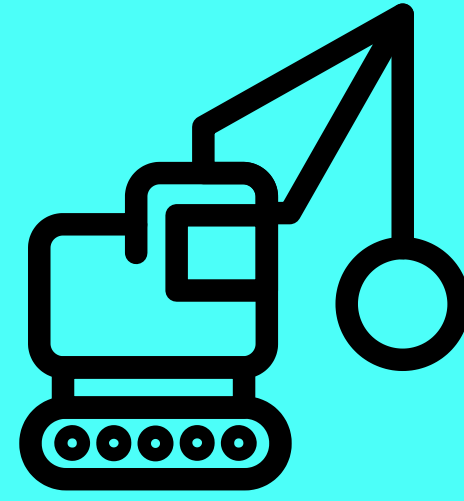
#purposedjoy #cultivateselflove #cultivatepurpose #cultivatejoy
#shamefree #imperfectperfection #protectyourtemple
#loveyourtemple #unlockyourpotential

REFLECTION

Look in the mirror. Write
your body a letter of
appreciation.



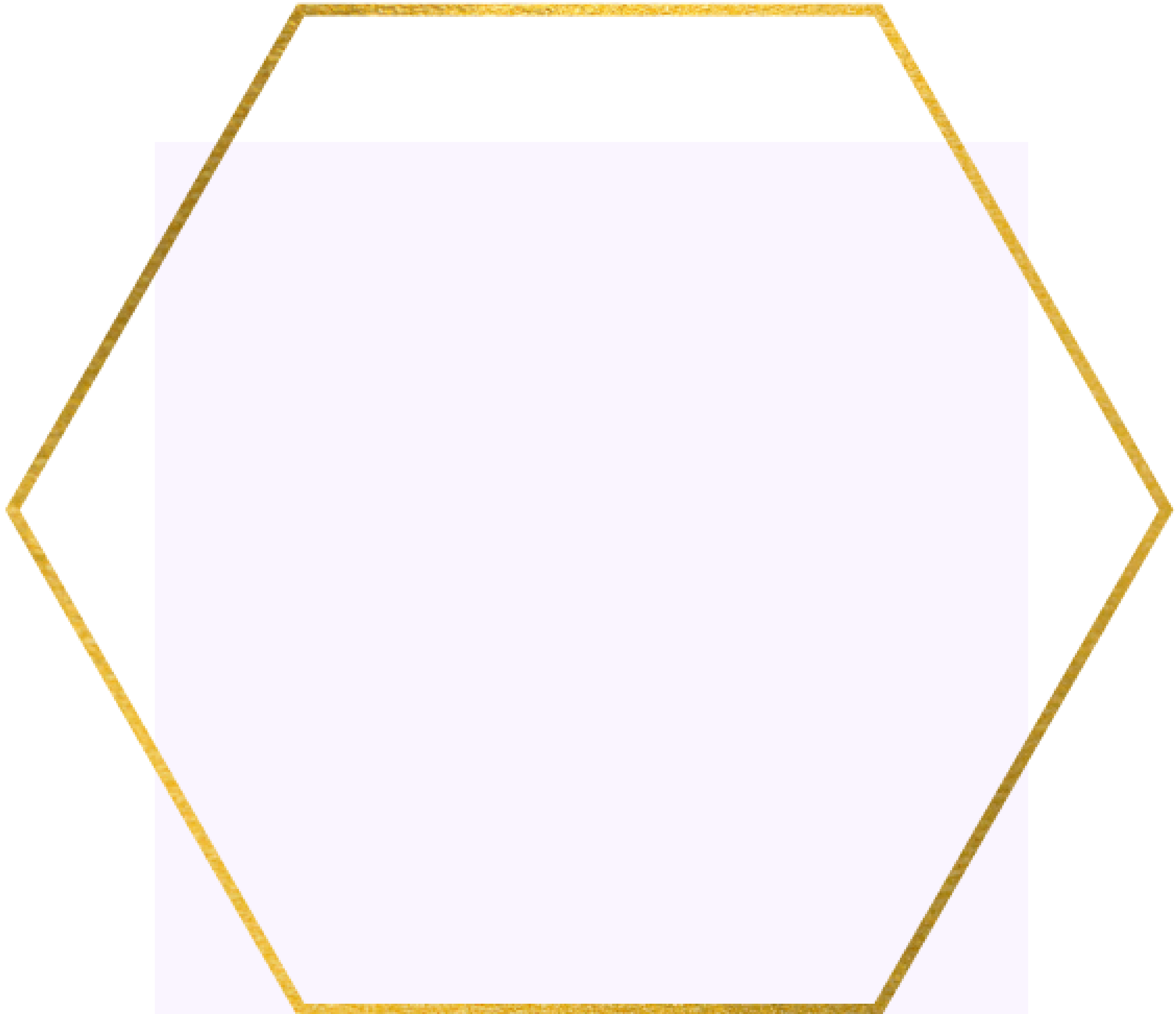
Comparison will destroy whatever peace
you've built everytime



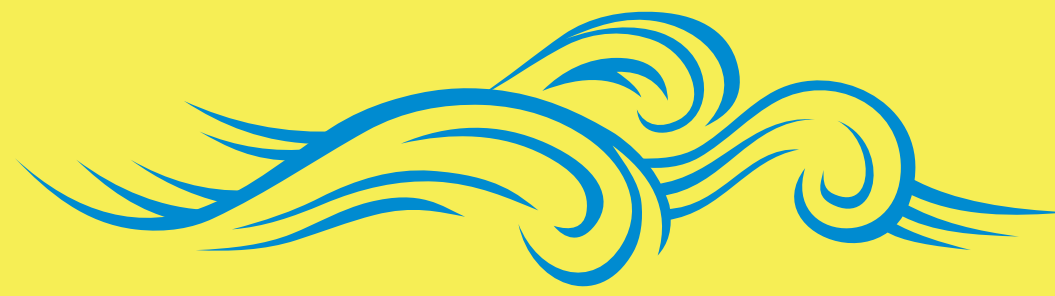
Fear of missing out can put us so deep in comparison that we forget what we have. Your story is not the same as anyone else's. Your strength isn't the same as anyone else's. The road to your finish line is ALWAYS going to be completely different from the person next to you. You worked so hard to get to this point. Don't discredit your triumphs and the joy that came with them by comparing yourself to anyone else. You are exactly where you're supposed to be ... embrace it and be proud of it !

REFLECTION

What will you tell
yourself when you find
that you are comparing
yourself to others.
What are some things
you're grateful for



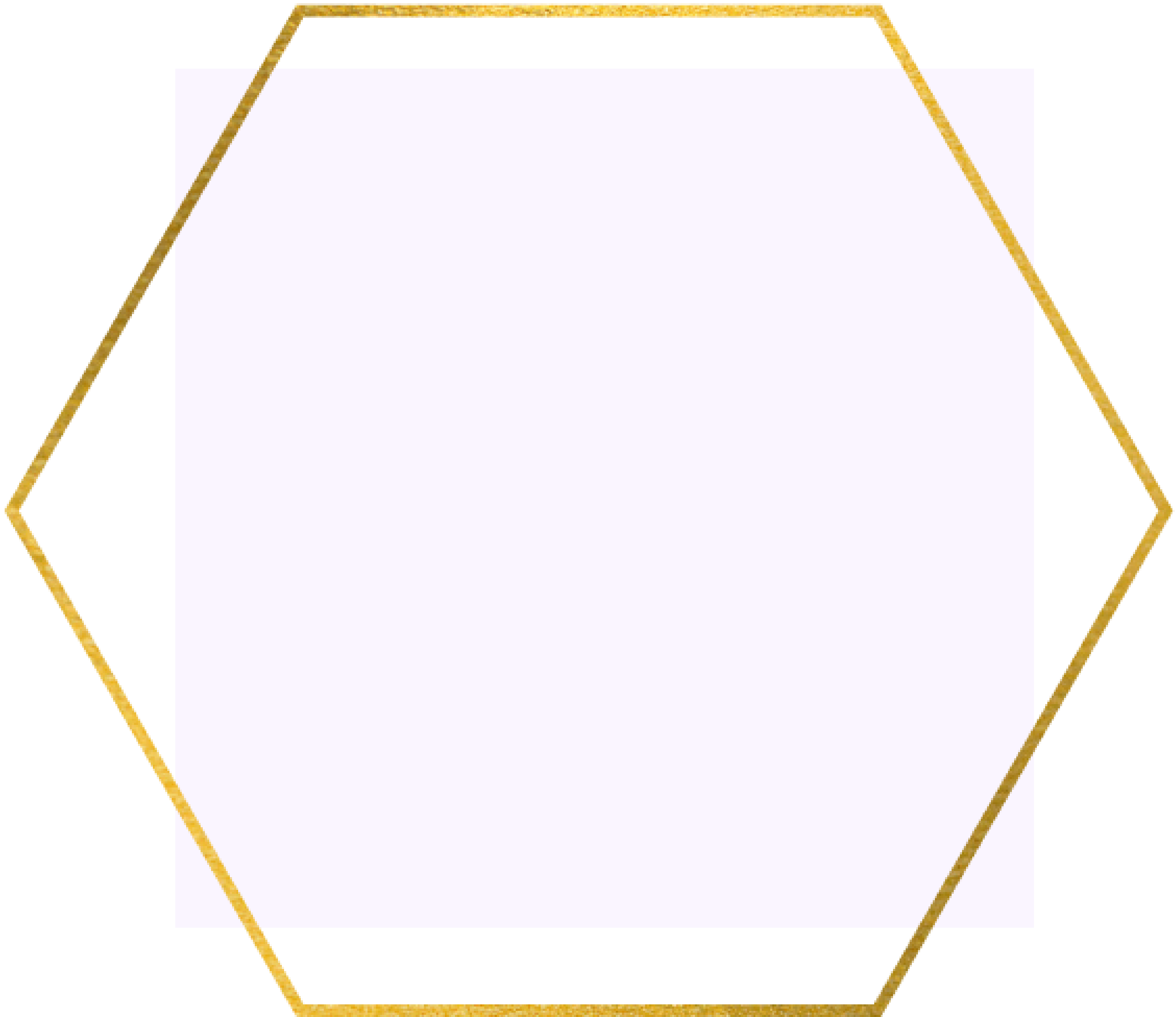
Release what you can't control and embrace the
flow



So much of our stress comes from us trying to control things that aren't meant for us to. We can not control other people's actions. We can't control how other people feel about us . We can not control what family we are born into. We can control our emotions though and how we respond. Follow the flow of life. People will come and go. Situations will change. It is your job to stay solid and focused on what you have authority over. You have power over your peace than you think.

REFLECTION

How will you choose
peace today ?



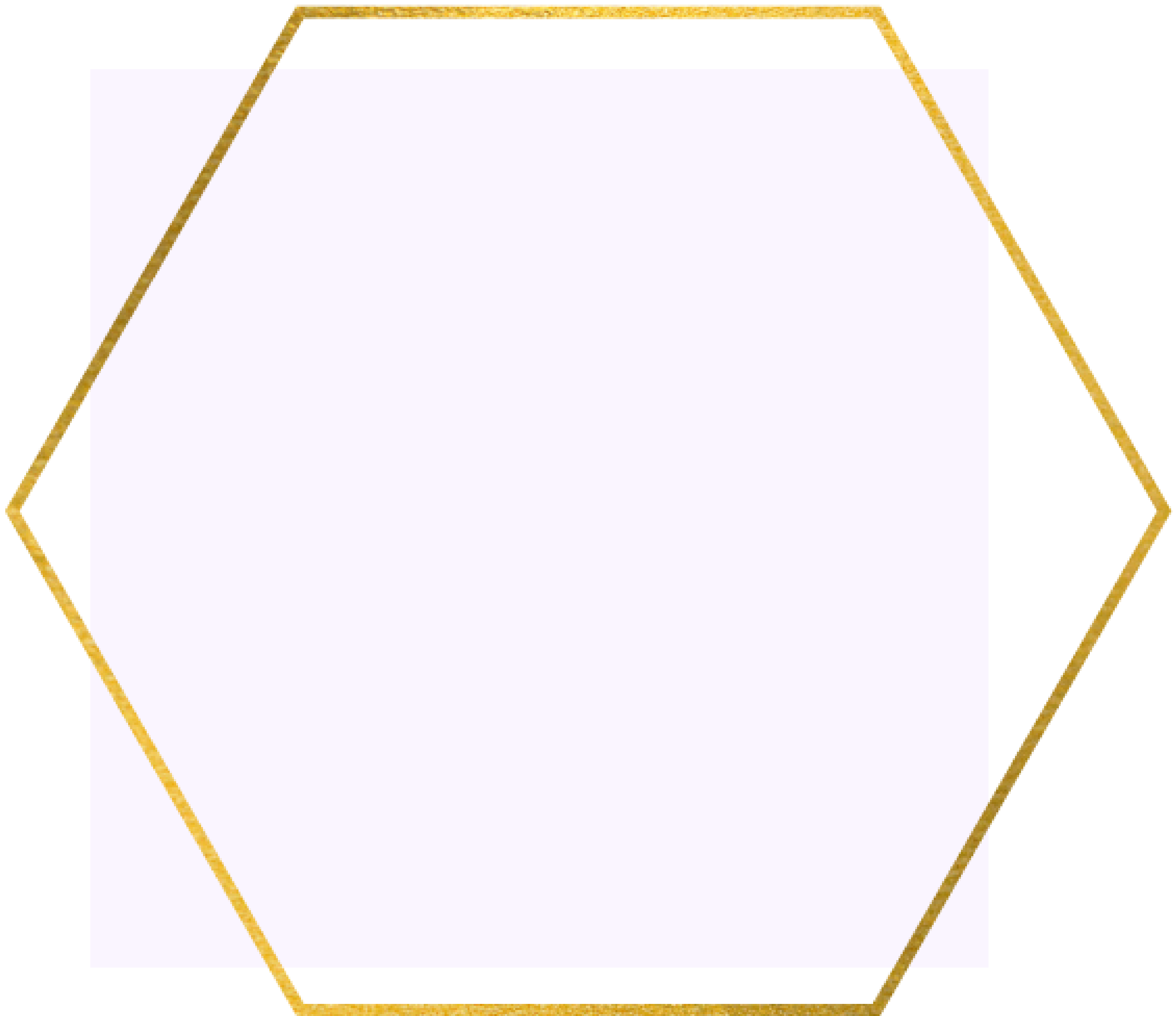
Do the work and break the chains so the people
connected to you won't have to



Just because everyone around you is doing it doesn't mean you can't be the one to change it ! The negative habits that you see in your family or community stop with you! As soon as you stand up and decide to be different and break the cycle ,you open a door for everyone to come after you ! The work you're putting in through therapy. The fitness journey you're on.The business you're starting. The career you're pursuing. The degree that you're finishing. It all adds up to changing the narrative of everyone connected to you. So keep it up !! Don't stop! You won't be the only one breaking free when you do !!

REFLECTION

What chains can you think of
that need to be broken in your
family or community? How can
you start the challenge of
breaking them TODAY!?



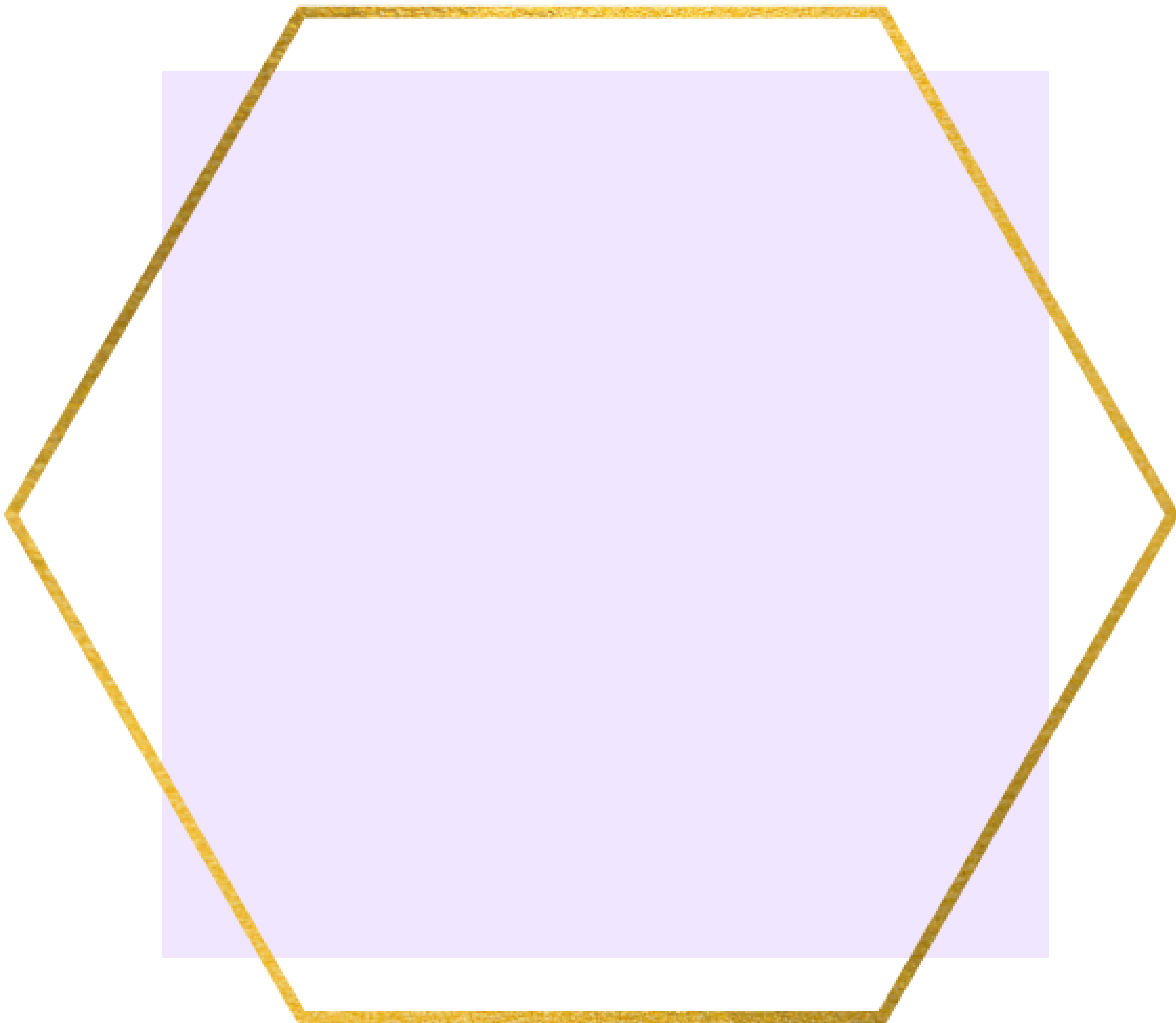
Who will you be when this is over?



The situation is critical right now. Some of us are experiencing circumstances that we've never dealt with before. The one benefit to this if nothing else is time. Time to reinvent yourself . Time to create something new . Time to heal. You've been waiting for the perfect opportunity. This is it ! When you are faced with hardship it is your chance to adapt or let it take you out. I have chosen to recreate and adapt!! I hope you choose to do the same !

REFLECTION

What did you learn about yourself
last year? How can you make sure
that you applied what you learned
?



WHAT YOU HAVE TO OFFER IS VALUABLE EVEN IF IT'S NOT RECIPROCATED

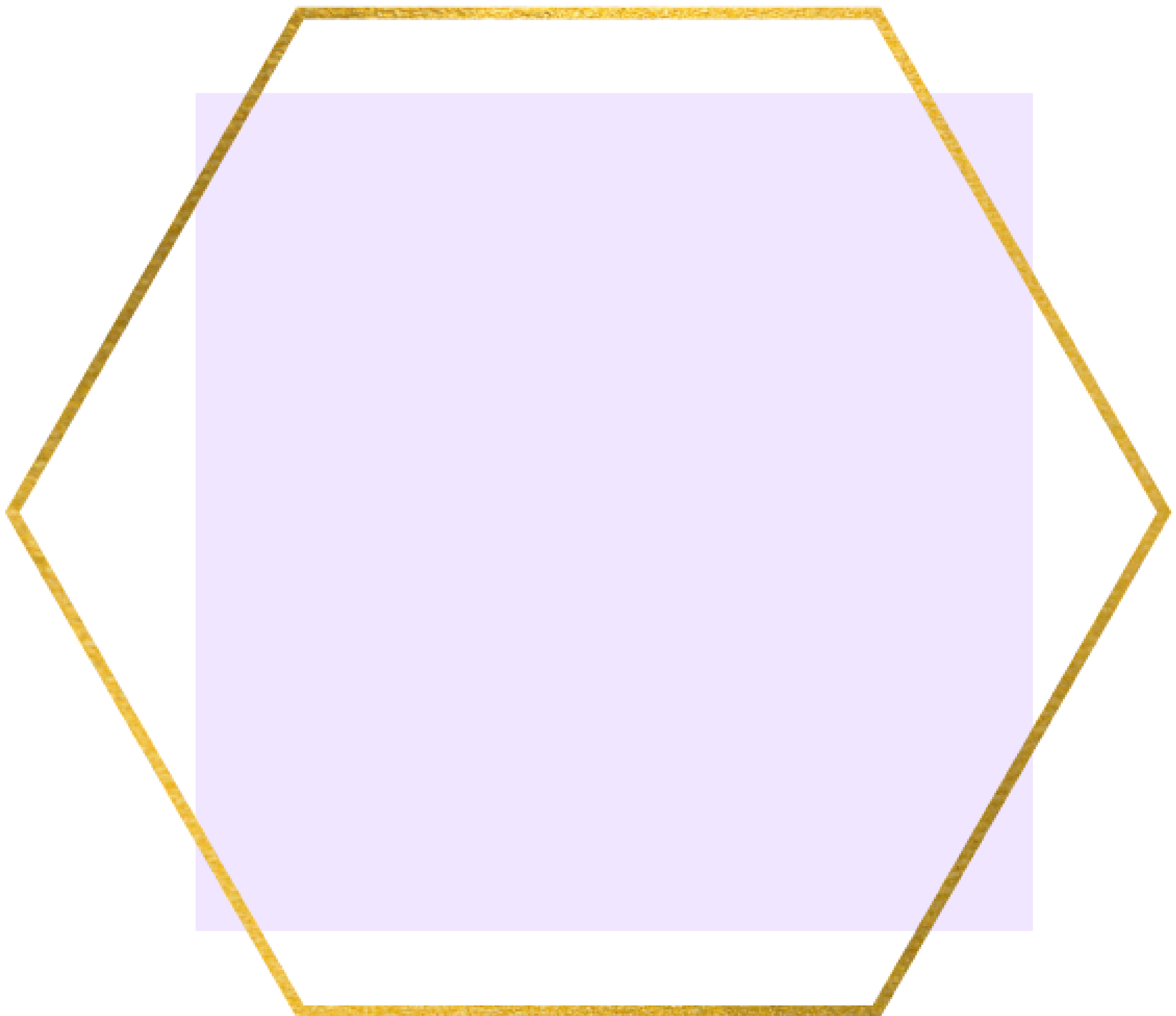


The world needs your forgiveness.
The world needs your unconditional love.
The world needs your affection.
The world needs your loyalty.
The world needs your optimism.
The world needs your support .

The world needs all of the positive traits that you offer. However, people will tell you to disconnect and harden your heart when you don't get the same in return. You were created to share that energy !! So don't let people's lack of appreciation change that. It can be hard spreading your positive energy around. It may not get received like you anticipated. However , you must keep sharing it. You never know how impactful your relentlessness can be !!! It may be just what some one needed!!! So keep giving your best!It may be more rewarding than you realize !!

REFLECTION

List your favorite traits
about yourself.



Confidence is not the absence of fear.
It is having enough faith to pursue
something anyway.



What has fear kept you from trying ? Fear of what people will say or think. Fear of not being good enough. Fear of failure. Fear of disappointment... Have faith that it is all working out for you anyway. Whatever vision you have for yourself did not come by accident. That desire came with a purpose.

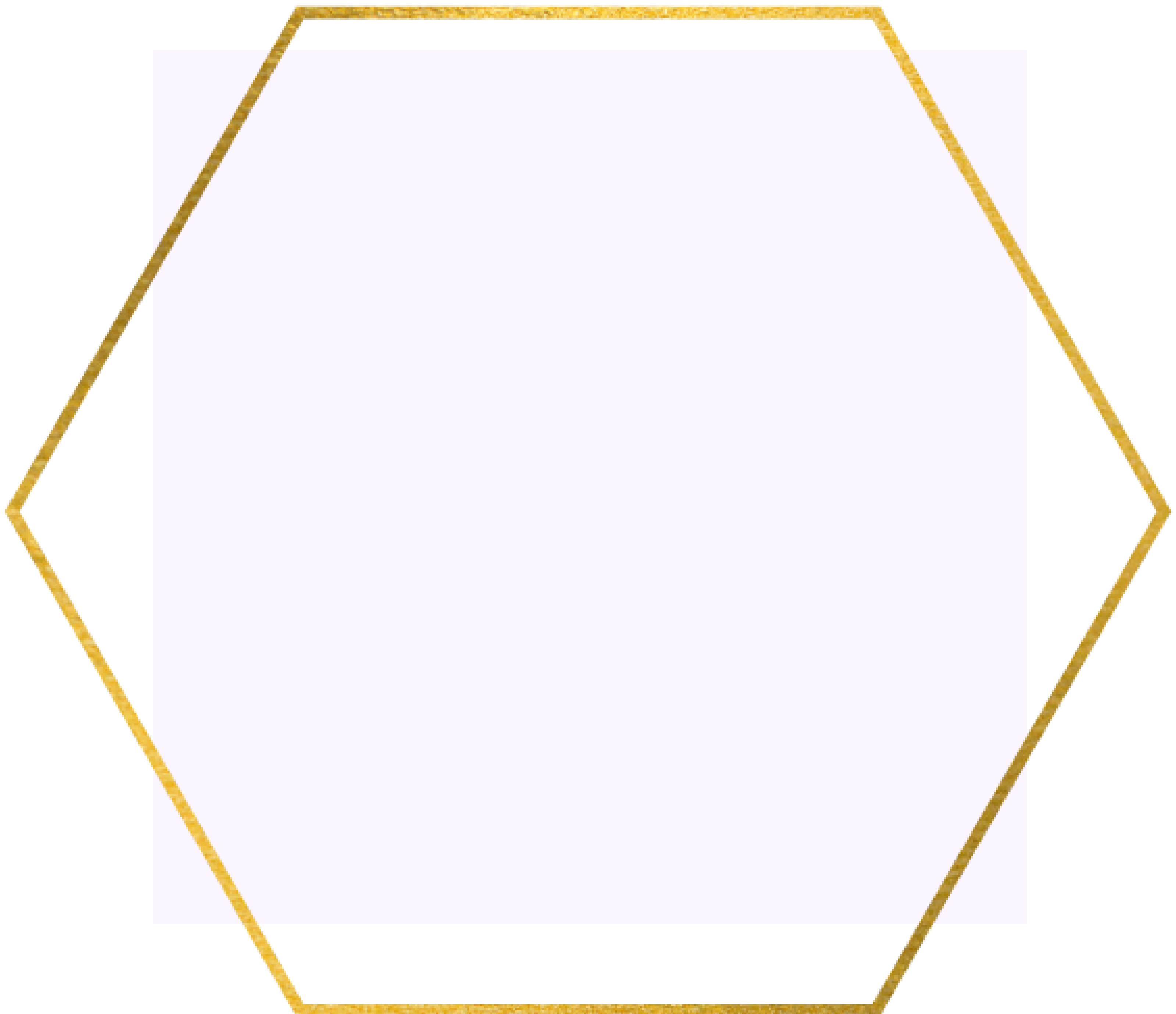
So have confidence in that. You were made for something specific and it is on the other side of you conquering your fears!! So take that first step of faith in yourself. Then, watch the confidence follow

!!

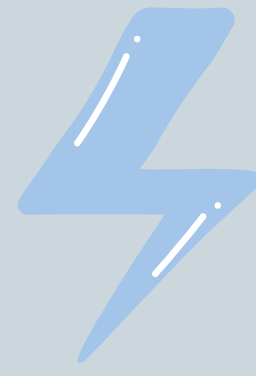
REFLECTION

What would you do if
you were fearless?

You could you
become ? Close your
eyes ..envision the
FEARLESS you . write
down what you see
below.



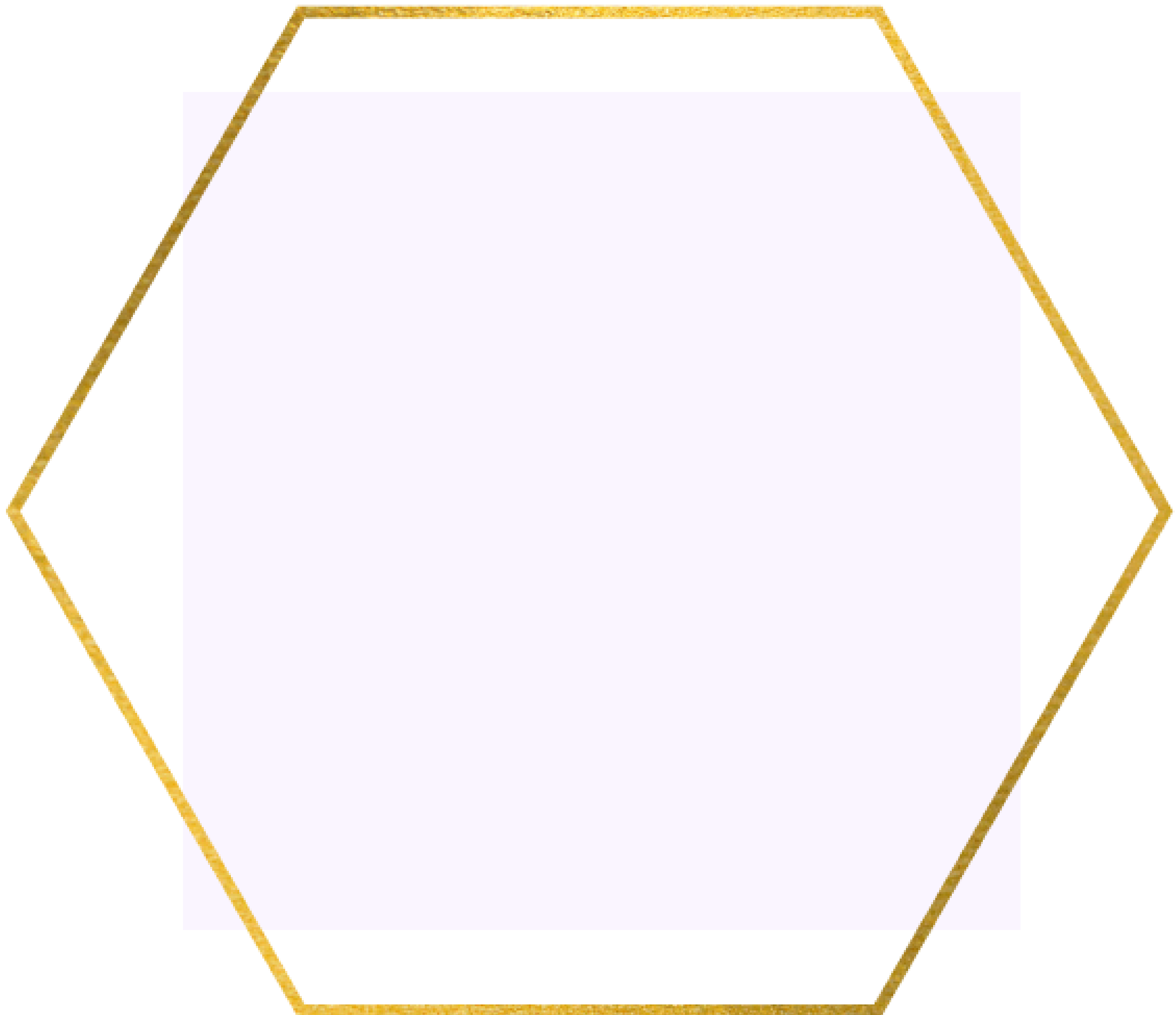
It may hurt now, but there is power in the process



Honoring yourself and your boundaries can be hard. Making a decision to let go of things or people that you love is hard. Walking away from spaces that are comfortable is hard. However, sacrificing a future full of purpose and untapped potential is even harder. It may hurt at first, but there is an award for obedience and respecting your boundaries. Every time you get the strength to walk away and change your narrative, confidence builds. You learn about what's acceptable for you and what's not. You learn about who is meant for you and who is not. You put yourself in a position to level up like never before. So push through the pain. Face those demons. Fight your fight, even if it's alone. You'll come out stronger and better than ever !

REFLECTION

Share a list of lessons
that you have learned
from painful situations.



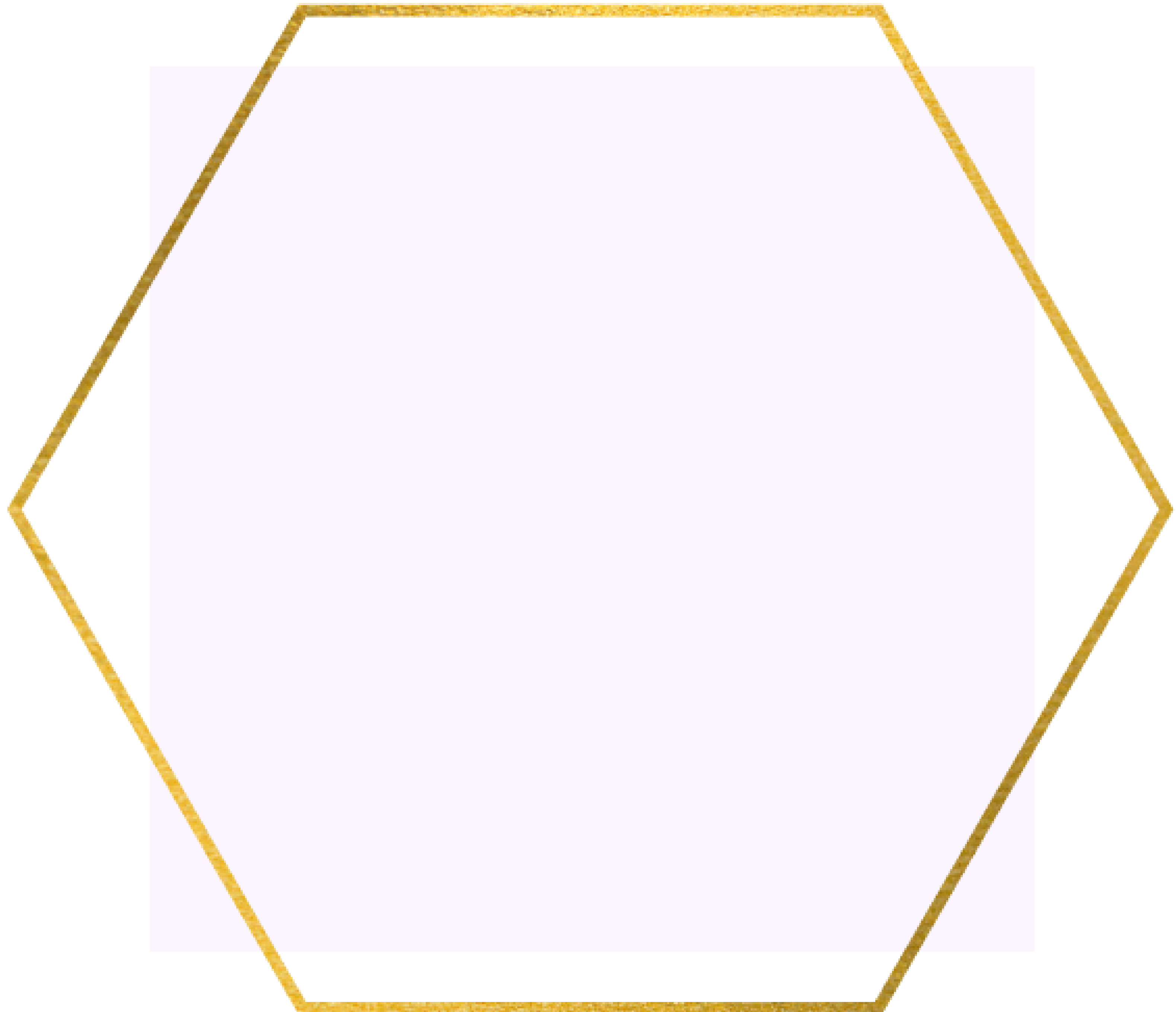
productivity does not equal purpose



Purpose fuels the productivity. Productivity is not supposed to be the purpose. It may seem like if you're not producing right now that you're not valuable. That's not true. Your path to purpose in this season may just be you finding rest for yourself. Purpose may just be taking a step back and doing some inventory on who you are and what your true desires are. It may honestly just be time for you to be still regroup and prepare for your next transition. You have to be willing to ask yourself one simple question. Why am I doing what I'm doing? We can be so worried about getting left behind or left out that we operate in that fear. When we operate in fear we make decisions based on what things look like on the outside. Not by what is true to us on the inside. Even if you don't produce another thing you need to know your value is not attached to it. Healthy and whole should be enough. Everything else is extra!!

REFLECTION

How will you make
sure every action is
authentic and
intentional today ?
Share below.



You have to do what you say
to see what you want



This originally came from a little saying from our last Self-Care Saturday. Now it's a lifestyle. What did you say you were going to do? Sometimes we make promises to ourselves and don't keep them. It happens all the time. You end up disappointed in yourself because you didn't follow through. That's ok don't be hard on yourself. I just want you to think about how important is what you want ? You said you wanted to be healthier. So, you said you would start having better eating habits. You didn't do what you said though. You end up a month later saying the same thing with no results ! Try actually doing it though. Make some realistic goals for just a week stick to it and watch how AMAZING you feel! This is true for health , relationships, finances and especially your mental health. Whatever you said you were going to do make some realistic action steps and DO IT! Watch things change for real this time !

REFLECTION

Write your top 3 goals for
the day below and how you
can achieve them

A large hexagonal frame with a gold border and a light purple background, intended for writing reflection goals. The hexagon is centered on the page and occupies the lower two-thirds of the image. The gold border is thick and has a slightly textured appearance. The light purple background is a solid color and fills the interior of the hexagon.

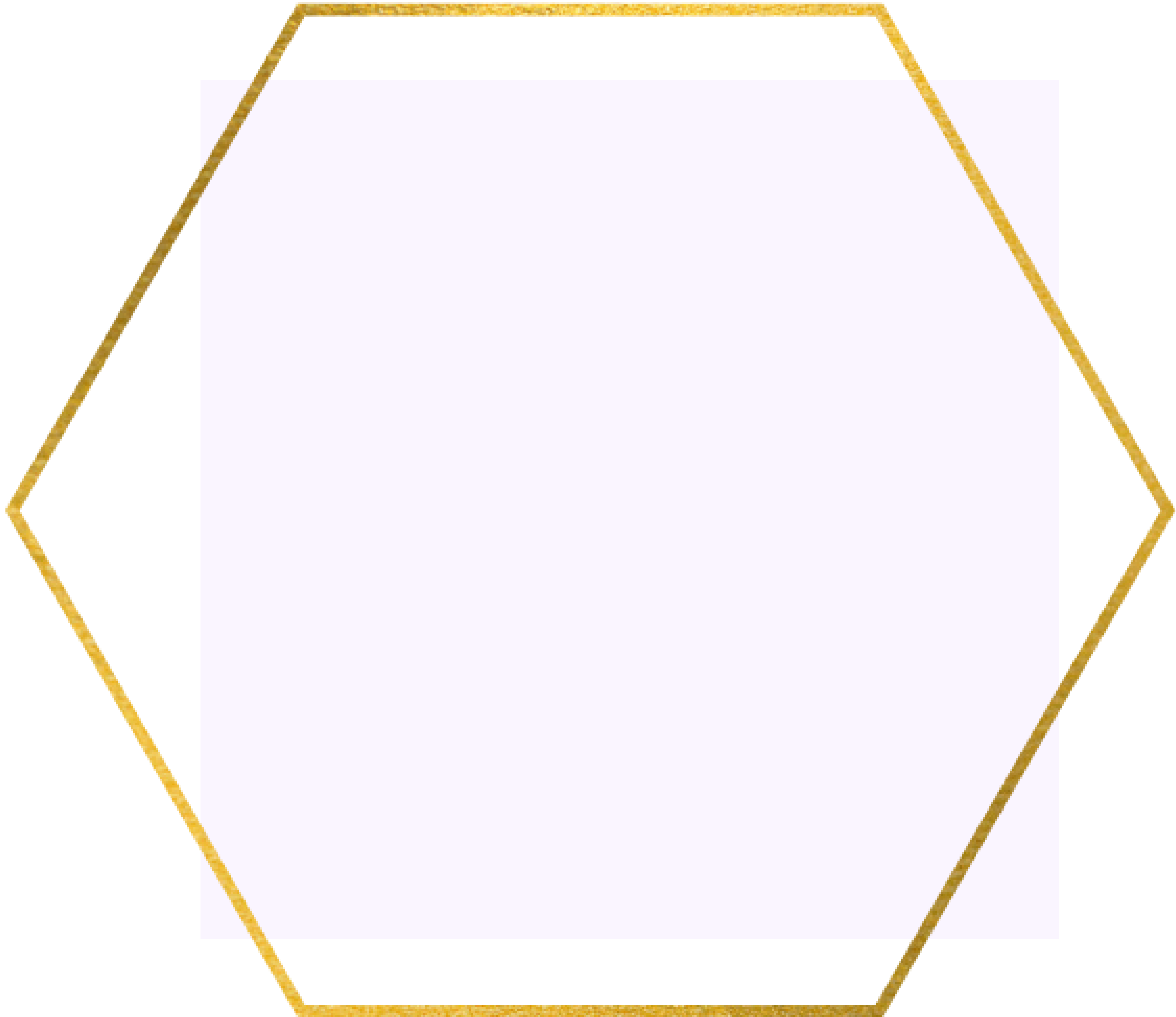
Purpose is the Bag



What are you passionate about ? What gifts do you have that can add value to others ? Your passions will lead you to your purpose. Once you set yourself on the path to purpose everything else will follow! Yeah we can secure the money , but what will that add to your spirit ? Who else will that benefit? What kind of legacy will you leave ? Start working to secure your purpose. You won't just gain money on the journey , but fulfillment and peace as well !

REFLECTION

How will you secure
the bag this year?



cultivate purpose cultivate joy!



There is an unmatched joy that comes when you are living out YOUR purpose. Purpose is not a destination it's a journey. That journey starts with you knowing who you are and what your unique talents are! There is something out here that only YOU CAN DO! There's no need to change yourself or try to adapt to some one else's version of you. That road will lead to disappointment. You won't be living your truth. Instead take the time to get know who you are and what works best for you! When you learn it , hold on to it! Don't let other people's opinion of you or what you see some one else doing dictate who you are ! You alone are enough to get the job done and make an impact in this world ! This saying is not just the slogan for Purposed Joy. It is the key to living an enriched and authentic life !

REFLECTION

After completing this
journal, How will you
continue to cultivate
purpose and true joy !

