



30 Day Self Care Guide

A FREE GUIDE FOR
WOMEN WHO WANT
MORE IN LIFE

My Vision

Hey there, Gorgeous. ♥

Have you ever seen the movie, “The Notebook”? I’m sitting here replaying a notorious scene in my head and can’t stop picturing myself as Ryan Gosling right now... “What do you want? What do YOU want?!” 😊 ‘Cause that’s the question I have for you today - *What do YOU want in life?*

As women, we’re constantly managing a full plate. Taking care of our kids, spouses or partners, houses, careers, multiple schedules, and friendships – It’s a lot to handle. Yet what almost always gets left off the plate is our own health and wellness, goals, dreams, and needs. Why is that?

You were made for so much more. Your purpose in life isn’t to make sure everyone around you is taken care of and satisfied. Your purpose is to find what makes you the healthiest, happiest version of yourself and what absolutely sets your soul on fire.

Sure, serving others is an important part of life. But it’s not the *only* part of your life. And I’m here to help you see that. ‘Cause let me tell ya, this self-care guide isn’t *just* gonna give you 30 different ways to love yourself. It’s gonna provide you with daily prompts that’ll help you learn more about yourself, explore your interests and passions, and get you fired UP to take action in your health, wellness, and LIFE!



Over these next 30 days I want you to get real with yourself. Fully commit to 30 days of tracking your health and wellness habits - Water, nutrition, exercise, mindset, and you guessed it... self-care. And if you feel comfortable, I'd also love for you to talk about your "personal prompt" responses in Chasing Wellness so we can celebrate you and all your soul searching!

At the end of your 30 days I hope this is exactly what you needed to set yourself free and become the woman you've been searching for.

With all my love,

Jafaine



DAY 1

SELF-CARE IDEA: DIFFUSE YOUR FAVORITE ESSENTIAL OIL.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What uplifts your energy? What weakens it?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 2

SELF-CARE IDEA: WRITE A LIST OF YOUR ACCOMPLISHMENTS.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What is your favorite intrinsic quality about yourself? Be specific.

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 3

SELF-CARE IDEA: TAKE 15 MINUTES FOR UNINTERRUPTED READING.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: Where would you like to see yourself in 1 year, 5 years, and 10 years? What are you doing? How do you feel?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 4

SELF-CARE IDEA: SPEND QUALITY TIME WITH A LOVED ONE.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: List 5 hobbies or activities that bring you joy.

Breakfast

Lunch

Dinner

Snack(s)

Workout? YES NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 5

SELF-CARE IDEA: DECLUTTER OR ORGANIZE A SMALL SPACE THAT WILL EASE YOUR MIND.

Date: ____ | ____ | ____

Water Goal: ____oz Actual Total: ____oz

(○ = 20OZ.) ● ● ● ● ● ● ●

30 DAY SELF CARE GUIDE: A FREE GUIDE FOR WOMEN WHO WANT MORE IN LIFE

Personal Prompt of the Day: What is your favorite part of your daily routine?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 6

SELF-CARE IDEA: TRY A SHORT YOGA SESSION OR STRETCHING WORKOUT.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 200Z.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What's the first health and wellness goal you'd like to accomplish? Be specific.

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 7

SELF-CARE IDEA: GO TO BED 15 MINUTES EARLIER TONIGHT.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What are some positive and negative habits you have?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 9

SELF-CARE IDEA: WRITE DOWN 10 THINGS YOU ARE GRATEFUL FOR.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 200Z.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What's your favorite type of exercise? Why do you love it and how does it make you feel?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 10

SELF-CARE IDEA: LISTEN TO A PODCAST.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: Who is a role model or mentor in your life? What do you love about them?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 11

SELF-CARE IDEA: ENJOY A WARM BATH OR SHOWER.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: Are you a perfectionist? How does that impact reaching your goals?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 12

SELF-CARE IDEA: SHOW A RANDOM ACT OF KINDNESS TO SOMEONE.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: How can you take more risks starting today? What will you do first?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 13

SELF-CARE IDEA: PLAN YOUR DAY THE NIGHT BEFORE.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: How would the people in your life describe you? What would they say about you?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 14

SELF-CARE IDEA: SHUT OFF SCREEN TIME AN HOUR BEFORE BED.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 200Z.) ● ● ● ● ● ● ●

Personal Prompt of the Day: Describe a moment you felt peace this past week. Be specific.

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 15

SELF-CARE IDEA: GIVE YOURSELF A DIY FACIAL.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: How can you start showing more compassion toward yourself?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 16

SELF-CARE IDEA: COLOR, DRAW, OR PAINT.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: Describe how you would live if you weren't afraid of what people thought about you.

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 17

SELF-CARE IDEA: CLEAN OUT YOUR EMAIL INBOX.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 200Z.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What are 5 limiting beliefs you have about yourself? Cross them out and rewrite them in a positive way.

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 18

SELF-CARE IDEA: GIVE YOURSELF A DIY MANICURE OR PEDICURE.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: How do you spend the majority of your free time? Do you enjoy how you spend it?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 19

SELF-CARE IDEA: WATCH YOUR FAVORITE TV SHOW OR MOVIE.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What do you love about your life right now? What would you like to see change?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 20

SELF-CARE IDEA: INDULGE IN YOUR FAVORITE DESSERT OR MEAL.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: Reflect about how you've been progressing towards your goals. What are you most proud of?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 21

SELF-CARE IDEA: LISTEN TO RELAXING MUSIC.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What's your favorite healthy food? What nutrition benefits does it bring you?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 22

SELF-CARE IDEA: LIMIT YOUR SCROLLING ON SOCIAL MEDIA.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What's your greatest weakness? How can you start strengthening it?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 23

SELF-CARE IDEA: GET A MASSAGE.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: Pick 3 words to live by for the next 7 days. How can you bring those words to life?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 24

SELF-CARE IDEA: PRACTICE A BREATHING TECHNIQUE.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What do you think the most about when you're by yourself?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 25

SELF-CARE IDEA: DO YOUR HAIR AND MAKEUP REALLY NICELY.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: If you could choose one superpower to have, what would it be? Why?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 26

SELF-CARE IDEA: LIGHT YOUR FAVORITE CANDLE.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What do you need to ask for help with right now?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 27

SELF-CARE IDEA: DO A PUZZLE OR PLAY A BOARD GAME.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: Describe your most perfect day. Be specific.

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 28

SELF-CARE IDEA: UNFOLLOW SOCIAL MEDIA ACCOUNTS THAT DON'T POSITIVELY IMPACT YOUR MENTAL HEALTH.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What's your favorite place on Earth? Why?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 29

SELF-CARE IDEA: START A VISION BOARD.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 20OZ.) ● ● ● ● ● ● ●

Personal Prompt of the Day: Choose a quote that inspires you and write what it means to you.

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 30

CHOOSE A QUOTE THAT INSPIRES YOU AND WRITE WHAT IT MEANS TO YOU.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 200Z.) ● ● ● ● ● ● ●

Personal Prompt of the Day: Complete the following prompt: I feel amazing when...

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

DAY 31

SELF-CARE IDEA: BUY SOME FRESH FLOWERS FOR YOURSELF.

Date: ____ | ____ | ____

Water Goal: ____ oz Actual Total: ____ oz

(○ = 200Z.) ● ● ● ● ● ● ●

Personal Prompt of the Day: What physical or mental changes have you experienced the past 30 days?

Breakfast

Lunch

Dinner

Snack(s)

Workout? ● YES ● NO

If yes - Workout completed: _____

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

I'm so proud of you for committing to AND completing these past 30 days of personal reflection and growth. If you feel comfortable doing so, I would LOVE for you to head over to Chasing Wellness and share your thoughts on what you've experienced these past 30 days - The good, bad, ugly, everything!

Physical changes are always fun to celebrate, but it's the mental ones that make the biggest long-term effects in our lives. No matter what you're celebrating today, I'm proud of you for choosing to make yourself a priority this past month!

If you're ready to commit to another 30 days and beyond, here's how you can:

Step 1 - Email me at jalainepazerfitness@gmail.com with your next health and wellness goal you'd like to achieve in the next 30, 60, or even 90 days!

Step 2 - Together we'll choose the right program, plan, or supplements to get you started on that goal!

Step 3 - Join my exclusive Facebook group, the Chasing Wellness VIP Gym, for ongoing support, motivation, and accountability!

And if you'd really like to take your next 30 days to the next level...

Step 4 - Join my team! Just send me an email with the subject line, "Become a Teammate" and I'll answer any questions you may have about starting your online biz!

From the bottom of my heart, thank you so much for downloading this self-care guide and working through it. I can't wait to see what the future has in store for you!

Your friend,

Jalaine