

A FREE SELF - CARE WORKBOOK



# 7 Intentional Moments

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# WELCOME

## 7 Intentional Moments: A Workbook for Intentional Me-Time

### What is Intentional Me-Time?

It's carving out space for yourself, not just in your schedule but in your heart and mind. It's a commitment to honor your needs and nurture your well-being. It's about choosing actions that nourish your soul and bring you joy.

This workbook will guide you through various self-care practices, helping you discover what resonates with you. As you explore these pages, feel free to create your self-care "intentions" in the designated sections. Remember, this journey is unique to you, so personalize it as much as you like

# TYPES OF SELF-CARE

01

## PHYSICAL SELF-CARE

(Attending to the needs of your body.)

### EXAMPLE OF PHYSICAL SELF-CARE:

Exercise-(Physical Activity you enjoy)

Bathing

Getting proper rest

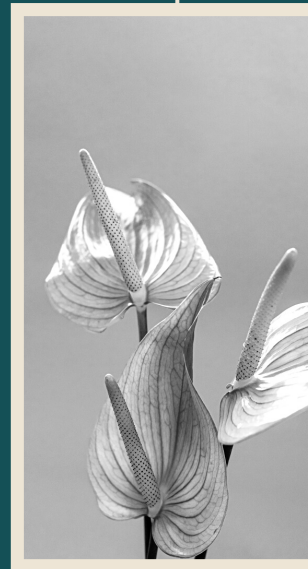
Attending doctors appointments

Eating nourishing foods

Taking prescribed medications

Spa Day

Walks



My Intentional Moment: \_\_\_\_\_

My Intentional Time: \_\_\_\_\_





02

## SOCIAL SELF-CARE

(Nourishing Connections)

### EXAMPLE OF SOCIAL SELF-CARE:

Accountability partner

Spending time with loved ones

Asking for assistance if needed

Networking

Attending groups/social outings

Online Communities

Meaningful Conversations

Boundaries



My Intentional Moment: \_\_\_\_\_

My Intentional Time: \_\_\_\_\_





03

## SPIRITUAL SELF-CARE:

(Your values and beliefs are essential to guiding your lifestyle and embracing inner peace.)

### EXAMPLE OF SPIRITUAL SELF-CARE:

Prayer

Meditation

Reflection in a Journal

Worship

Reading a Self Help or Spritual Book

Connecting to Nature

Yoga

Exploring Values

My Intentional Moment: \_\_\_\_\_

My Intentional Time: \_\_\_\_\_



04

# INTELLECTUAL SAFE CARE

(Expanding mental growth and rest)

## EXAMPLE OF INTELLECTUAL SELF-CARE:

Goal Setting

Learning a New Skill

Reading a Book/Audiobook

Listening to a Podcast

Watching a Documentary

Brain Teasers

Listening to Relaxing Music

Checking your Mental Capacity

Intentional Pause

My Intentional Moment: \_\_\_\_\_

My Intentional Time: \_\_\_\_\_



05

# EMOTIONAL SELF-CARE

(Tending to your emotions and inner well-being)

## EXAMPLE OF EMOTIONAL SELF-CARE:

Honoring your Emotions and Truth

Self-compassion

Setting Boundaries

Video Diary/ Journaling

Practicing Gratitude

Affirmations

Sensory Rest

Therapy

Intentional Social Media Following

My Intentional Moment: \_\_\_\_\_

My Intentional Time: \_\_\_\_\_





06

## SPACE SELF-CARE

(Creating an environment where you can thrive,  
relax, or feel free.)

### EXAMPLE OF SPACE SELF-CARE:

Decluttering

Hiring Professionals for Assistance

Changing your Scenery

Creating Designated areas for

Relaxation and Work

Quite hours

incorporating nature into your home

through plants or natural light



My Intentional Moment: \_\_\_\_\_

My Intentional Time: \_\_\_\_\_





07

## FINANCIAL SELF-CARE

(Developing a healthy relationship with your finances.)

### EXAMPLE OF FINANCIAL SELF-CARE:

Allow someone to do a Nice Gesture  
Schedule a time to check in with your  
money

Set Financial goals

Paying off Debt

Meet with a financial advisor

Increase your knowledge of financial health

Budgeting

Identify your Needs vs. Wants

Enjoy the Fruits of your Labor



My Intentional Moment: \_\_\_\_\_

My Intentional Time: \_\_\_\_\_

# INTENTIONAL EMOTIONAL MANAGEMENT

## Tips to Foster Emotional Safety with Self

Are you struggling with emotional identification? Are you anxious? Would you like some help with processing your emotions? Try using the tips below to help with the management of emotions.

- IDENTIFY AND ACKNOWLEDGE YOUR EMOTIONS USING AN EMOTIONAL WHEEL
- FREE WRITE TO PROCESS YOUR THOUGHTS
- RECOGNIZE THAT NOT ALL THOUGHTS ARE REFLECTIVE OF REALITY
- DIFFERENTIATE BETWEEN FACTS, FEELINGS, FEARS AND UNMET NEEDS
- DIFFERENTIATE BETWEEN ELEMENTS WITHIN YOUR CONTROL AND THOSE BEYOND YOUR CONTROL
- CHALLENGE NEGATIVE HYPOTHETICAL THOUGHTS WITH "EVEN IF" SCENARIOS
- TAKE A INTENTIONAL PAUSE TO BREATHE AND CENTER YOURSELF.