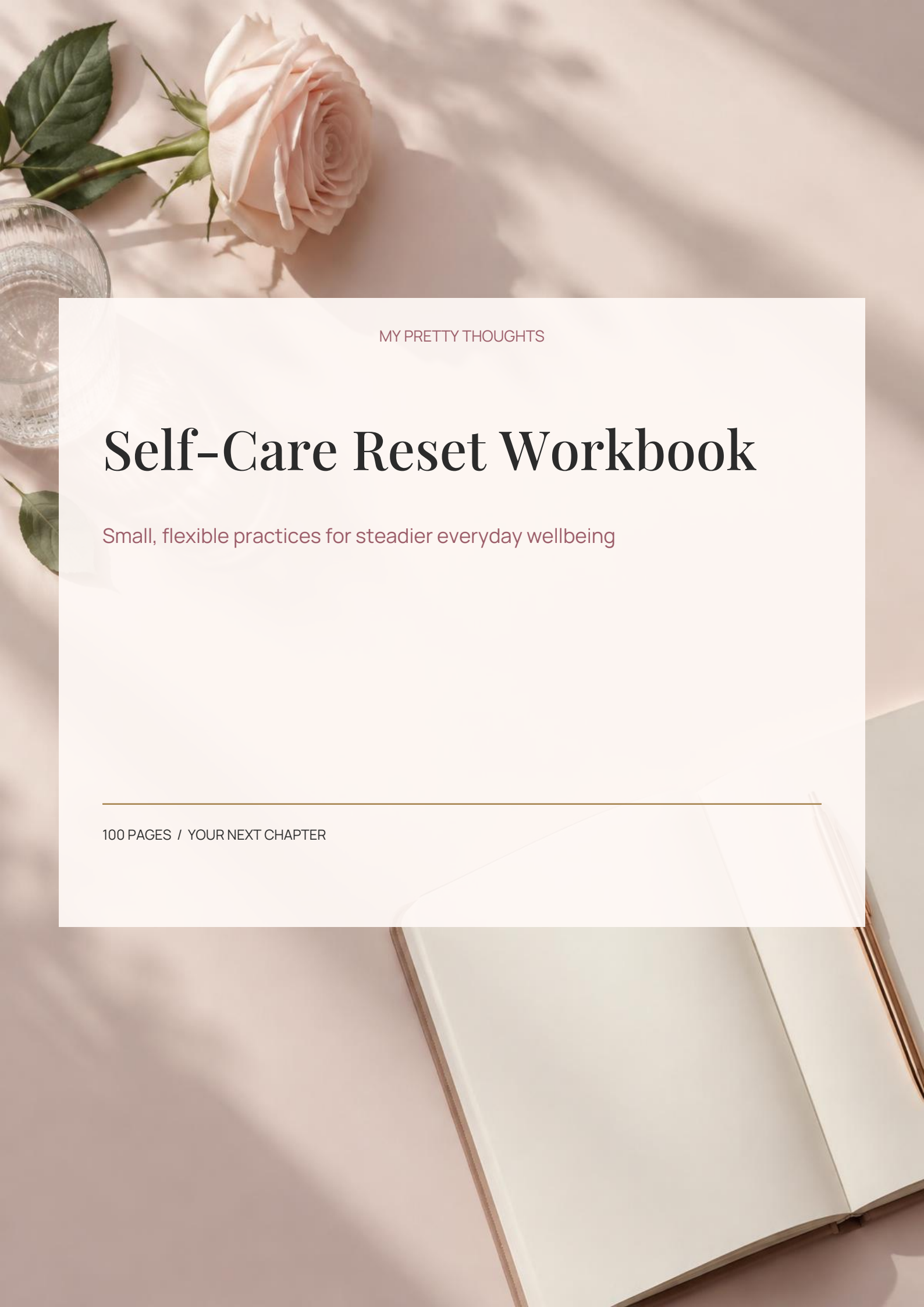




MY PRETTY THOUGHTS

Self-Care Reset Workbook

Small, flexible practices for steadier everyday wellbeing

100 PAGES / YOUR NEXT CHAPTER

A little structure. A fresh start.

A reset is not a demand to become a new person. It is a chance to notice what your days ask of you and make a few supportive adjustments. This workbook approaches self-care as practical maintenance shaped by your resources, culture, responsibilities, access needs, and preferences. Use writing, voice notes, drawings, or brief mental check-ins. Skip or adapt anything that does not fit. The 100-page layout consists of a cover, a contents page, and 14 modules with seven pages each: lesson, checklist, actions, comparisons, prompts, tracker, and review. Track each module's four measures for seven days, using a checkmark, number, or short note. Blank spaces are information, not failures. You may complete modules in order or begin where relief feels most possible.

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This workbook provides general wellbeing education, not medical advice, diagnosis, psychotherapy, or treatment. Sleep, food, movement, and emotional needs vary. Adapt suggestions to disability, health conditions, medication, pregnancy, culture, finances, and professional guidance. Do not change prescribed care based on this workbook. Stop any activity that causes pain, dizziness, or significant distress. Seek qualified support for persistent or worsening concerns. If you may harm yourself or cannot stay safe, contact local emergency or crisis services and a trusted person.

THE GUIDE

1. Journal Without Judging

Journaling can help you notice your experience without turning every feeling into a problem to solve. Begin with a short, repeatable check-in rather than a demand for insight. Write the date, name one feeling, describe one body sensation if that feels comfortable, and identify one current need. Keep observations separate from conclusions. 'I felt tense before the meeting' gives you more useful information than 'I always handle everything badly.' You may use bullet points, drawings, voice notes, or a few words in your preferred language. Privacy matters, so choose a storage method that feels safe and avoid recording details you do not want preserved. If writing increases distress or becomes repetitive self-criticism, stop and do something grounding instead. You can return later or choose another practice. The aim is not a beautiful record or a perfect explanation of yourself. It is a small space where your experience can be acknowledged and one supportive next step can become visible.

What matters most to you here?

YOUR CHECKLIST

1. Journal Without Judging

Start with what fits your situation. Mark each item when it is complete.

- ☐ Choose a private recording method.
- ☐ Set a timer for three minutes.
- ☐ Name one feeling without judging it.
- ☐ Record an observation rather than a global label.
- ☐ Identify one current need.
- ☐ Stop if writing increases distress.

Anything else to check?

MAKE A PLAN

1. Journal Without Judging

01 Choose paper, audio, drawing, or a secure digital note.

My next step / who can help / target date

02 Complete 'Right now I notice...' in three short lines.

My next step / who can help / target date

03 Complete 'One thing that might help is...'.

My next step / who can help / target date

04 Take that small action or schedule a realistic time for it.

My next step / who can help / target date
