

# iHealWithin

Your Life-Enhancing Path to  
Self-Discovery-Reflection-Healing



Evoke - Embrace - Evolve ... You Matter

L i z a B o u b a r i

# Time to Heal Within

**Cultivate Positive Habits:** Integrate uplifting journaling into your daily routine for lasting positive change.

**Daily Reflection:** Stay grounded, present, and in touch with your inner self through regular reflection.

**Healing Through Writing:** Release stress, worries, and daily concerns by putting pen to paper.

**Mindful Self-Reflection:** Slow down and gain a fresh perspective on your thoughts and experiences.

This self-care guide can serve as a foundation for personal development, promoting reflection and action toward self-growth and empowerment. Each page invites you to engage actively with the content and apply the insights into daily life.

*Evoke What Was: Acknowledge and honor your past.*

*Embrace What Is: Accept and appreciate your present reality.*

*Evolve to What Will Be: Manifest and cherish your future self.*

*Because...You Matter.*



# Personal Development and Self-Care

Personal development is a lifelong journey of growth that requires nurturing your physical, emotional, and mental well-being. Self-care is the foundation of personal development, enabling you to recharge and connect with yourself.

## Key Concepts:

- Prioritize self-care practices like sleep, healthy eating, and physical activity.
- Engage in activities that bring joy, such as hobbies, meditation, or time with loved ones.
- Self-care isn't selfish—it's essential to growth.

## Exercise:

- List three self-care activities you can commit to daily.
- Identify one habit you can let go of that drains your energy.

Affirmation: "I nurture my mind, body, and soul with care, allowing myself to thrive in all areas of life."







# Building Self-Esteem

Understanding Self-Esteem: Self-esteem is the value you place on yourself. High self-esteem encourages confidence, while low self-esteem can lead to doubt and self-criticism.

## Key Concepts:

- Identify and acknowledge your strengths.
- Celebrate small achievements.
- Let go of comparisons to others and focus on your unique essence.

## Exercise:

Write down five qualities you admire about yourself. Recall a recent achievement and reflect on how it made you feel.

Affirmation: "I am worthy of love, success, and happiness. I recognize my value in every step I take."







# Embracing Self-Acceptance

## What is Self-Acceptance?

Self-acceptance is the practice of embracing all parts of yourself, including flaws and imperfections. It allows for growth without the need for constant self-criticism.

## Key Concepts:

- Accept where you are in your journey without judgment.
- Shift your focus from perfection to progress.
- Embrace both successes and setbacks as learning opportunities.

## Exercise:

List three aspects of yourself that you've struggled to accept. Reflect on how they've shaped your life and growth.

Create a mantra that encourages acceptance.

Affirmation: "I accept and appreciate myself fully as I am today, and I trust in my ability to grow and evolve."







# Managing Anxiety

Understanding and Managing Anxiety: Anxiety is a normal response to stress but can be overwhelming when it takes control. Learning to manage anxiety empowers you to face challenges with calm and clarity.

## Key Concepts:

- Practice deep breathing exercises to calm the mind and body.
- Use mindfulness techniques to stay grounded in the present moment.
- Identify triggers and develop healthy coping mechanisms.

## Exercise:

Create a "calm plan" for moments of anxiety: list 3-5 calming techniques (e.g., breathing exercises, journaling, or a brief walk).

Reflect on a recent anxious moment and how you can manage it differently next time.

Affirmation: "I am in control of my emotions, I can handle things better each day, and I choose peace and calm in every situation."





# Silencing the Inner Critic

Overcoming the Inner Critic: The inner critic is the negative voice inside that doubts your abilities and belittles your efforts. Learning to quiet this voice is crucial for self-confidence and personal growth.

## Key Concepts:

- Challenge negative thoughts with facts and evidence. Ask yourself "is this true?"
- Replace criticism with compassionate self-talk.
- Practice gratitude for your achievements, big and small.

## Exercise:

Write down three critical thoughts you've had recently. For each, write a positive counter-statement. Reflect on how these positive statements make you feel compared to the critical ones.

Affirmation: "I release negative self-talk and replace it with kinder words of love and encouragement."







# Creating and Enforcing Boundaries

The Importance of Boundaries: Setting healthy boundaries is essential for maintaining balance in relationships and protecting your energy. Boundaries allow you to prioritize your needs and well-being without guilt.

## Key Concepts:

- Recognize when to say no and honor your limits. No is as OK of an answer as yes.
- Set clear, respectful boundaries with others.
- Understand that boundaries are not selfish; they are a form of self-respect.

## Exercise:

Identify a situation where you need to set a boundary. Write down how you will communicate it clearly and confidently.

Practice saying no in low-stakes situations to build your confidence in boundary-setting.

Affirmation: "I have the right to set healthy boundaries and to protect my energy and well-being."







# Writing Your New Story

Crafting Your New Narrative: You have the power to rewrite your life story. By changing your internal narrative, you create a future that aligns with your desired goal and highest potential.

## Key Concepts:

- Focus on where you want to go, not where you've been.
- Visualize your ideal self and how that person thinks, acts, and feels. Step into it!
- Take small, consistent steps toward your goals with confidence.

## Exercise:

Write a brief story about your future self—what do feel, do, live? What does your life look like one year from now? Be as detailed as possible.

Identify one action you can take this week to move closer to that future vision.

Affirmation: "I am the author of my own story, and I choose to write a life filled with purpose, joy, love, kindness, prosperous and success."









Go through each section

On a scale of 1 to 10, how do you rate yourself -  
10 being best.

Emotionally \_\_\_\_\_

Spiritually \_\_\_\_\_

Intellectually \_\_\_\_\_

Physically \_\_\_\_\_

Enviromentally \_\_\_\_\_

Financially \_\_\_\_\_

Occupationally \_\_\_\_\_

Socially \_\_\_\_\_



Ikigai is about finding joy, fulfillment, and balance in the daily routine of life.

The fundamental truth of Ikigai is that nothing is separate. Everything is connected.

Take a look at the four elements of the ikigai diagram: what you love, what you're good at, what the world needs, and what you can be.



*Thoughts are like boomerang! Let them flow!*



Your thoughts, body, emotions, spirit,  
and life matters.  
Evoke, Embrace, Evolve ...“You Matter”

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