



2020 IS OUR YEAR

SELF CARE

THIS IS THE HEADSTART



HEY, LOVE!

Thanks for downloading my Self Care Guide.

This is an unprecedented time of change. Countries around the world are scrambling to find clarity in a confusing situation none of us ever expected.

While it may not be how you expected it, this is exactly what you have been asking for - time. It is an undetermined moment to re-evaluate everything.

Allow me to help you take your thoughts and create linear paths to create the lifestyle you want. There's something very special about writing your thoughts down, and sharing them with others, that makes it real. Share this guide, and your process, with those you trust.

Believe me when I tell you, this is the advantage you've been hoping for. A forced opportunity to slow down and take everything in, evaluating the current and manifesting the future.

This is your time. Take advantage. Get ahead.

Amirah Cook

Amirah J. Cook

AUTHOR | GUIDE | ENTHUSIAST

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MAYA ANGELOU:

"MY MISSION IN
LIFE IS NOT
MERELY TO
SURVIVE, BUT TO
THRIVE; AND TO DO
SO WITH SOME
PASSION, SOME
COMPASSION,
SOME HUMOR, AND
SOME STYLE."

”

This is your story. Your chapter, a new opportunity to re-write your future. be honest about where you are and where you want to be. You have the power to create the lifestyle you want. Take that chance. Save yourself.

JOURNAL

TRANSPARENCY IS KEY

ENTRIES

- DAY 1** Why have you been wanting more time?
- DAY 2** What is one goal you've been putting off?
- DAY 3** When do you feel the happiest?
- DAY 4** Where do you see yourself in 5-years? Write in detail.
- DAY 5** How long will it take to achieve your dream life, if everything goes right?
- DAY 6** Who are you? Write as if you're speaking to a stranger.
- DAY 7** Free Writing. What's on your mind?

LISTS

Subjects that interest you, Projects you want to work on, Places you want to visit, Home tasks you want to complete, Topics you want to research.

BOOKS

Big Magic by Elizabeth Gilbert, Children of the Blood and Bone + Children of Virtue and Vengeance by Tomi Adeyemi, An American Marriage by Tayari Jones, Daydreams + Nightmares by Amirah J. Cook

MUSIC

Chilombo by Jhene Aiko, It Was Written by Jay Electronica, Lemonade by Beyonce, Victory Lap by Nipsey Hussle, Control by Sza

DAILY AFFIRMATIONS

I am proud of myself.

I'm here.

I'm strong.

I'm worthy.

I'm deserving.

I am love.

Today, I will be my best self.

Today, I will focus on today.

Today, I will be the positivity I need.

Today, I will not complain.

Today, I will be grateful.

Today is a gift I will cherish.

ONE HOUR A DAY



15 NO PHONE

For the first 15-minutes of your day, try not to check your phone. No news updates, no texts, no social media comments. Just 15-minutes.

05 GRATITUDE

Everyday, write one thing that made you smile. Remember the things that brought you joy by jotting them down - wherever, whenever.

10 MEDITATE

Spend 10-minutes of your morning in silence. This can be a guided meditation, or simply lying on your back in silence. Just try to quiet your mind in the constant chaos.

10 PLANNING

Before bed, make a quick plan for the following day. It doesn't have to be detailed. Just jot down a few points you want to focus on so you wake with purpose.

15 JOURNALING

It can be at the beginning or end of your day, just take time to reflect and acknowledge your thoughts with journaling.

05 AFFIRMATIONS

Speak calm and kind to yourself. You are worthy and deserving of the encouragement. Read the affirmations, with conviction, while staring at a mirror.