



JONQUIL REIKI

---

SELF-CARE  
HABIT  
TRACKING  
GUIDE

---

[JONQUILREIKI.COM](http://JONQUILREIKI.COM)



Claire Harrison



jonquilreiki.com

## My Approach

I believe that we all contain the ability to heal and to find self-awareness. Often, it takes help to activate these abilities and to direct the healing energy that already exists in your body. An alternative healer provides various methods for harnessing and using this life energy.

## My Story

After I became a widow at age 37, I realized how little services are available for grieving through alternative healing. It is my desire to provide energy healing and services for those experiencing grief and suffering of any kind, be it emotional, physical, or spiritual.

### Certifications:

Usui Reiki Master/Teacher

Crystal Reiki Master/Teacher

Grief Reiki ® Healer

Shamanic Practitioner

Aromatherapist

# Contents

Cover .....	1
About Me .....	2
Contents .....	3
Social .....	4
Introduction to Whole-Self Care .....	5
Physical Self-Care .....	6
Mental Self-Care .....	7
Emotional Self-Care .....	8
Spiritual Self-Care .....	9
Tracking Your Habits .....	10
Printable Habit Tracker .....	11
What's Next .....	12

Follow Us on Social Media for the latest  
announcements and resources!



Want to Learn More?

[Please join our Mailing List](#) to receive your  
FREE Guide to Reiki Treatment today!

Join our Mailing List!

You can view the latest news on the [blog](#), and  
upcoming events on the [Events](#) page!

# Introduction to Whole-Self Care

The primary purpose of Self-Care is to keep yourself healthy on all levels. Taking care of yourself is necessary in order to take care of others!

I always relate to the metaphor of putting your own oxygen mask on first before helping others. It is such a powerful way to understand why Self-Care is important. If you constantly give and give to others with no downtime for yourself, like a candle you will eventually burn out. This can occur as physical illness, mood swings, extreme fatigue, anxiety, depression, etc.

Myth: Self-Care is selfish.

Are you doing this? *Self-Sacrifice – It is good and noble for me to suffer.*



Long-term self-neglect can have a negative impact on our bodies, our health, and our well-being!

Truths

Self-Care is a daily, lifelong practice.

Self-care involves taking care of the Whole Self: physically, mentally, emotionally, and spiritually.

# Physical Self-Care

## Love Your body

Learning to love your body is an important part of celebrating your physical life, whatever physical shape you are in.

## Body Heals Itself

No matter who you visit to help you with your healing and no matter what treatments they suggest, there is really only one healer of your body, and that is you.

Your body copes with potential hazards every day. These hazards can become illness if there is another reason your immune system is not operating effectively.

## Physical Self-Care Ideas

Select ideas below that you would like to try to increase in your life.

Physical Self-Care	
<input type="checkbox"/> Sleep hygiene	<input type="checkbox"/> Enjoying your work
<input type="checkbox"/> Drink water	<input type="checkbox"/> Spending time outside
<input type="checkbox"/> Exercise/movement	<input type="checkbox"/> Pampering your body
<input type="checkbox"/> Healthy foods	<input type="checkbox"/> Unplugging
<input type="checkbox"/> Sex	<input type="checkbox"/> Stretch & take breaks
<input type="checkbox"/> Relaxation	<input type="checkbox"/> Walking
<input type="checkbox"/> Doctor/Dental visits	<input type="checkbox"/> Self-Reiki

# Mental Self-Care

## Consciousness

Your thoughts are energy, constantly creating your reality, and what you think about yourself is what you become.

How you view life is how it will unfold for you. Each person's reality is slightly different from every other person, so your perception of reality is unique to you.

## Power of Words

The words we say to ourselves and about ourselves have an effect on our health, whether positive or negative.

Practice saying positive things about yourself. Be as kind to yourself as you would be to a close friend or family member.

Don't own or become your fears. Remind yourself of the positive ways in which you are overcoming what is affecting you.

*Ex: I've got anxiety. I am mentally ill. vs.  
I feel anxious, but I am taking care of myself.*

## Mental Self-Care Ideas

Select ideas below that you would like to try to increase in your life.

Mental Self-Care	
<input type="checkbox"/> Journaling	<input type="checkbox"/> Goal planning
<input type="checkbox"/> Learning	<input type="checkbox"/> Daily Card
<input type="checkbox"/> Teaching	<input type="checkbox"/> Money Care
<input type="checkbox"/> Hobbies	<input type="checkbox"/> Digital Detox
<input type="checkbox"/> Gratitude practice	<input type="checkbox"/> Listening to music
<input type="checkbox"/> Mindfulness	<input type="checkbox"/> Introvert/Extrovert needs
<input type="checkbox"/> Meditation	<input type="checkbox"/> Self-Reiki

# Emotional Self-Care

## Source of Emotions

Emotions are an internal reaction to an external event. This is why different people react in different ways to the same situation.

Emotions result when our physical sensations are filtered through our beliefs. This is when we begin judging ourselves and our actions.

## Handling Negative Emotions

Repressed feelings become blocked energy, which can then become harmful. Allowing ourselves to express feelings can create health and well-being.

It's important to find a way to safely release your emotions, without harming yourself or anyone else.

## Emotional Self-Care Ideas

Select ideas below that you would like to try to increase in your life.

Emotional Self-Care	
<input type="checkbox"/> Work-Life Balance	<input type="checkbox"/> Intimacy
<input type="checkbox"/> Family connection	<input type="checkbox"/> Looking at old photos
<input type="checkbox"/> Social events	<input type="checkbox"/> Forgiving yourself
<input type="checkbox"/> Date nights	<input type="checkbox"/> Setting boundaries
<input type="checkbox"/> Support groups	<input type="checkbox"/> Jar of Inspiration
<input type="checkbox"/> Community involvement	<input type="checkbox"/> Ask for help
<input type="checkbox"/> Trust and Acceptance	<input type="checkbox"/> Self-Reiki



# Spiritual Self-Care

## Basis of Spirituality

Healing your spiritual self is about developing your spiritual awareness and connecting with your inner guidance.

## Steps to Heal

Being Present - The most important part of spiritual self-healing is being present with yourself, focused on the now.

Grounding Yourself - Grounding is not only an excellent way to focus on the present, but it is also important to keep you rooted to the Earth.

Connecting with Your Higher Self - There are many ways to connect to your Higher Self, so you can experiment to find the one that works best for you.

## Spiritual Self-Care Ideas

Select ideas below that you would like to try to increase in your life.

Spiritual Self-Care	
<input type="checkbox"/> Morning ritual/devotion	<input type="checkbox"/> Forgiving others
<input type="checkbox"/> Evening ritual/devotion	<input type="checkbox"/> Personal retreat
<input type="checkbox"/> Daily practice	<input type="checkbox"/> Send healing to others
<input type="checkbox"/> Tell yourself "I love you" in the mirror	<input type="checkbox"/> Seek Nature in the everyday
<input type="checkbox"/> List what you love about yourself	<input type="checkbox"/> Review spiritual beliefs
<input type="checkbox"/> Affirmations	<input type="checkbox"/> Enjoying Art
<input type="checkbox"/> Meditation	<input type="checkbox"/> Self-Reiki

# Tracking Your Habits

## Conclusion

Self-Care is important for your body, your health, and your well-being.

Self-care involves taking care of the whole Self: physically, mentally, emotionally, and spiritually.

I call this Whole-Self Healing.

To create your habit tracker:

1. Go through the previous sections and choose up to seven ideas from each of the self-care lists.
2. Distribute these into the Daily Self-Care Habit Tracking chart on the next page.

Track for 14 days!

At the end of 14 days, you will be able to answer:

- Which level of Self-Care seems to be the most important to you?
- Are there any ideas you want to change in this area?
- Which level of Self-Care seems to be the least important to you?
- What steps can you take to improve your focus in this area?

# Daily Self-Care Habit Tracking

Weeks of: \_\_\_\_\_

Physical Self-Care	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	S
Mental Self-Care	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	S
Emotional Self-Care	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	S
Spiritual Self-Care	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	S

# What's Next

- 30-Day Whole-Self Healthy Challenge on Instagram
- Chakra Check-up

Follow Us on Social Media for the latest announcements and resources!



Please send appointment requests, questions, or other comments from <http://jonquilreiki.com/contact/>.

You may also text, call, or email to the information below!

Claire Harrison  
claire@jonquilreiki.com  
(404) 550-9195

Jonquil Reiki  
950 Washington Street  
Suite B  
Gainesville, GA 30501

## Want to Learn More?

[Please join our Mailing List](#) to receive your FREE Guide to Reiki Treatment today!

Join our Mailing List!