



ARTIC ALIGNED
INTUITIVE COACHING

Self-Care Starter Guide

7-Day Self-Care Plan

Welcome! As a self-care and empowerment intuitive coach, I created this guide to assist and help you connect to your needs. This is a chance to start a self-care journey. My intuitive energy healing exercises have helped my clients relieve stress, emotional instability, and begin a simple self-care routine. I noticed the more I spoke with my clients, the more I realized the one part missing for most was a regular self-care routine. Over time, this can cause feelings of loss, disconnection to self, depression, and many other “side effects”. But there is enough hope, joy, and peace for you too.

This guide will help you expand your self-care knowledge, lead you to start a self-care routine (or tweak it) and experience many great healing results for your mind, body, spirit, and soul.

As an Energy Healer and Intuitive Life Coach, I often personalize a routine for my clients based on their individual needs. I have realized that no two people respond to certain modalities the same. So, I am providing the most effective exercises that have worked for my clients.

After 7 days, you will see a measurable difference in the way you feel and I encourage you to approach this next week with patience, curiosity, and intention. Awareness and change are part of a linear process, but many times life takes us in loops as we jump through hoops.

Although I offer a personalized self-care plan for my clients, I encourage you to think and state: “I am the creator of my self-care plan today. I am ready for change, awareness, and self-care.”

I am so glad that you have found this self-care starter guide. Each day, you will spend 30 minutes on these exercises. No more, and no less.

A note to procrastinators or those unsure if they can commit to 7 days of exercises, just know that there is time to make, by creating it in your day. You deserve peace, stability, and less stress. Choose yourself. It will be the best choice you ever made.

Here is the catch: If you don't want to commit to these exercises for 7 days, ask yourself *why* that is. If the answer is you are too busy right now, then revisit these exercises on a week that feels more open and inviting. Next, set a date on your calendar: "Day 1: My Self-Care Journey Begins Today"! Or you can email me with the subject line: "I am starting Day 1 of my self-care journey today". You will receive a personal message of encouragement from me.

If you have any questions about any of the exercises, please email margarita.intuitivecoaching@gmail.com and we can go over this material. This check-in is designed to support you and answer any questions you may have. I am so happy you have decided to prioritize your self-care and are beginning or continuing your healing journey. You deserve it.

Please set your timer to 30 minutes once you have read through each day's exercise. I have created each exercise with the intention of simplicity, effectiveness, and efficiency, so that your routine feels and something to look forward to.

Let's get started!

Your Name:

Date:

After completing this 7-day guide, what I would like to gain from my self-care routine is:

I, _____, choose to make myself a priority today. I deserve to feel well, to be at peace, and to take time for myself. I will carry each day's affirmation in my heart.

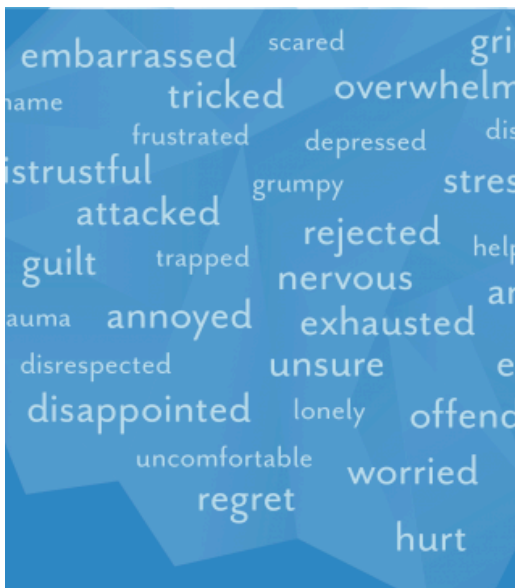


Day 1

Why this exercise is important:

Choosing a single word helps you anchor your awareness and connect with what you're feeling beneath the surface. Many people move through their day without noticing what is affecting them emotionally or mentally. This practice builds emotional clarity, strengthens intuition, and creates a moment of mindful stillness. It's a powerful starting point for self-care because it teaches you to pause, listen inward, and recognize what truly needs attention.

Exercise: Choose One Word and Journal



Choose one word from the word block below. The first word that pops up for you or stirs an emotional response within you today is your chosen word.

For the first 5 minutes, sit in a quiet place with this word as it sinks into your body and mind. You can scribble the word on a piece of paper during this time, close your eyes if you wish to visualize this word, or simply state the word out loud or within, as many times as necessary.

After this time of preparation, take 20 minutes today for this journaling exercise. Journal about your word as:

1. Feeling:

What emotions arise for you when you think about this word today?

2. Thought:

What thoughts come up as you reflect on the meaning or significance of this word?

3. Experience:

What recent experiences relate to this word or bring it to the surface for you?

List 3 Personal Insights About Your Chosen Word

1. I felt _____ when:

2. I was _____ and thought:

3. When I experience _____, I:

After 20 minutes, take 5 minutes for self-reflection. What did you learn about the feeling, thought, and experience?

For each section, write:

“I realized today, feeling/thinking/experiencing _____ was:”

Self-Care Affirmation:

Today, I choose to release and let go of feeling/thinking/experiencing _____.

Day 2

Why this exercise is important:

Sleep is the foundation of emotional regulation, mental clarity, and physical health. When sleep is disrupted, every part of life feels harder, such as focus, mood, motivation, and stress. This exercise helps you build awareness of your sleep patterns and your body's rest and sleep cycle. Creating a healthier sleep relationship is one of the most transformative self-care steps you can take.

Exercise: Protected Non-Negotiable Sleep Reset

For the first 5 minutes, sit in a quiet place and bring your awareness to the idea of *rest*. Breathe slowly and imagine what true, nourishing sleep feels like for your body.

After this preparation, take 20 minutes today to reflect and journal about your current sleep habits and your ideal sleep experience. Explore:

1. **Feeling:**
How do you *feel* when you wake up after different types of sleep?
2. **Thought:**
What thoughts do you have about sleep?
3. **Experience:**
What has your actual sleep experience been like recently?

List 3 Personal Insights About Sleep

1. I felt _____ when:
2. I was _____ and thought:
3. When I experience _____, I:

After 20 minutes, take 5 minutes to write:

"I realized today, feeling/thinking/experiencing _____ was:"

Self-Care Affirmation:

Today, I choose to support myself by creating a healthier sleep routine.

Day 3

Why this exercise is important:

In a world full of distractions, the ability to focus is a form of self-care. Time-blocking protects your mental energy, reduces overwhelm, and brings structure to your day. This exercise highlights your relationship with productivity, attention, and personal boundaries. By understanding how you focus best, you create a calmer, more intentional workflow.

Exercise: Time-Blocking With a Daily Focus Window

For the first 5 minutes, sit quietly and bring your awareness to the idea of *focused attention*.

After this preparation, take 20 minutes to journal about how you use your time and energy. Explore:

1. **Feeling:**
How do you feel when you're focused vs. distracted?
2. **Thought:**
What thoughts come up around your productivity or ability to stay on track?
3. **Experience:**
Describe your recent experiences trying to focus.

List 3 Personal Insights About Focus

1. I felt _____ when:
2. I was _____ and thought:
3. When I experience _____, I:

Take 5 minutes to write:

"I realized today, feeling/thinking/experiencing _____ was:"

Self-Care Affirmation:

Today, I choose to support myself by creating space for focused work.

Day 4

Why this exercise is important:

Many people push through their day without stopping, which leads to tension, fatigue, and burnout. Micro-breaks improve emotional balance, physical comfort, and sustainable energy. This exercise teaches you to listen to your body's needs and honor your limits. Rest isn't a luxury, it's about maintenance.

Exercise: Scheduled Micro-Breaks

For the first 5 minutes, sit quietly and tune into the sensations in your body.

After preparing, take 20 minutes to journal about your experience with breaks and rest. Explore:

1. **Feeling:**
How do you feel when you take pauses vs. when you push through?
2. **Thought:**
What thoughts arise around taking breaks?
3. **Experience:**
What is your current habit around rest?

List 3 Personal Insights About Breaks

1. I felt _____ when:
2. I was _____ and thought:
3. When I experience _____, I:

Reflect for 5 minutes:

"I realized today, feeling/thinking/experiencing _____ was:"

Self-Care Affirmation:

Today, I choose to give myself space to rest throughout my day.

Day 5

Why this exercise is important:

Breathing techniques calm the nervous system and help the body shift out of stress mode. When life becomes overwhelming, the breath is one of the quickest tools for grounding and emotional stability. This exercise strengthens your awareness of your stress responses so you can react with intention rather than tension.

Exercise: Stress-Regulation Through Breath

For the first 5 minutes, sit still and bring awareness to your breathing.

After this preparation, spend 20 minutes journaling about your relationship with stress. Explore:

1. **Feeling:**
How does stress feel in your body?
2. **Thought:**
What thoughts accompany stress?
3. **Experience:**
How do you typically respond to stress?

List 3 Personal Insights About Stress

1. I felt _____ when:
2. I was _____ and thought:
3. When I experience _____, I:

Reflect for 5 minutes:

"I realized today, feeling/thinking/experiencing _____ was:"

Self-Care Affirmation:

Today, I choose to regulate my stress with awareness and breath.

Day 6

Why this exercise is important:

Most people fill their schedule so completely that they have no room to breathe. White space creates mental clarity, sparks creativity, and reduces emotional overwhelm. This exercise helps you reflect on how you manage your time and how much openness your wellbeing requires.

Exercise: Creating White Space on the Calendar

For the first 5 minutes, sit quietly and reflect on *space*.

After preparing, take 20 minutes to journal about your relationship with time and spaciousness. Explore:

1. **Feeling:**
How do you feel when you have downtime vs. a full schedule?
2. **Thought:**
What beliefs do you hold about rest?
3. **Experience:**
What has your schedule been like recently?

List 3 Personal Insights About Space

1. I felt _____ when:
2. I was _____ and thought:
3. When I experience _____, I:

Reflect for 5 minutes:

“I realized today, feeling/thinking/experiencing _____ was:”

Self-Care Affirmation:

Today, I choose to create space in my life for clarity and rest.

Day 7

Exercise: Movement Snacks Throughout the Day

Why this exercise is important:

Consistent, gentle movement supports mental and physical health far more than occasional long workouts. Movement boosts mood, improves circulation, and shifts stagnant energy. This exercise strengthens your mind–body connection and encourages you to tune in to what your body needs.

For the first 5 minutes, sit quietly and connect with your physical body.

After preparing, take 20 minutes to journal about movement and your body's needs. Explore:

1. **Feeling:**
How do you feel when you move vs. when you stay still?
2. **Thought:**
What thoughts arise around movement?
3. **Experience:**
What is your current movement pattern?

List 3 Personal Insights About Movement

1. I felt _____ when:
2. I was _____ and thought:
3. When I experience _____, I:

Reflect for 5 minutes:

"I realized today, feeling/thinking/experiencing _____ was:"

Self-Care Affirmation:

Today, I choose to support my body through gentle movement.

Next Steps for your Self-Care Journey

This guide was created as an offer of support to you. Refer to the practices here often, as maintenance and regularly implementing these routines create not only new habits, but empowerment within.

If you would like to book a complimentary coaching session with me to discuss your current challenges, feel free to reach out.

I can be contacted at margarita.intuitivecoaching@gmail.com or you can visit articaligned.ca for more information on what I offer and learn how intuitive coaching can help you navigate transitions from a grounded place and with inner alignment.

Wishing you the best on your self-care journey! Remember, you're not alone.

Best Regards, Margarita



Your intuitive coach supporting you in navigating life transitions with clarity, insight, and empowerment.

Discover the power of intuition and transformation with ARTIC Intuitive Coaching. Let me guide you on a journey to unlock your true self and live a purposeful life with more peace and intention. With a focus on holistic wellbeing and self-discovery, my coaching approach is designed to empower you to overcome challenges and achieve your goals your way.