

Self-Care Booster





INTRODUCTION

Hey gorgeous,

Thank you for trusting me in this part of your journey. You have made the decision to prioritize yourself. Congratulations on taking that step during these challenging times!

Undergoing fertility treatments and now dealing with childlessness is an extremely stressful experience.

My goal is to keep you busy, for the next 14 days, in a meaningful way. You might even increase your clarity and confidence! But no pressure whatsoever, most of all I want this to be a fun experience in which you feel calm, relaxed and ready for your next step. Whatever that might be!

My name is Rianna. I'm a serial entrepreneur, digital nomad, full-time traveler, happily married to my soulmate, and one of those who didn't succeed – against all odds – childless after IVF.

For 5+ years I've been juggling my nomadic lifestyle with fertility treatments (IUI, IVF) and it was one of my most challenging experiences. Dealing with pain, fear, hope, anger, confusion, heartache, frustration, crying, grief, disappointment, misunderstanding, anxiety, envy, sadness, and isolation all at once, while living abroad.

But to be honest, all the injections, the thousands of dollars, and the wasted time were nothing compared to the day that we had to make the decision to quit fertility treatments.

Like most women, I have been looking for answers and connected with other women going through infertility in online forums, Facebook groups, and on Instagram feeds. I can't count the hours I spend reading blogs, noting down tips, and looking for emotional support.

After a while, I realized that a community can only support you so much. I had enough of feeling half alive. I had to find a way through the pain. I've talked to therapists and psychologists. But things really shifted when I picked up my habit of gratitude and looked for joy in the things I always loved to do.

For years, I tried to minimize the struggles. Now, I choose to maximize my life experience with everything happening in my life right now.

*** I am not here to tell you how to deal with infertility, but to support you in living your best life while dealing with infertility.

This is your self-care booster for the coming 6 days. On the first page, you'll find the topic of the day, with some provoking questions (you could write about in your journal). The second page contains a couple of challenges, pick the one you feel the most comfortable with, and let me know how it went! The last page leaves you with an affirmation, which you can say out loud (or just think) throughout the day, to step into your power and create some certainty in these uncertain times.

You have to do it all by yourself, but you don't have to do it all alone!

With love,
Rianna

SELF-CARE BOOSTER

All the topics we will address in the next 14 days.

Clarity

Change

Creation

Congruence

Caring

Challenge

Communication

Comfort

Celebration

Consciousness

Connection

Control

Contribution

Competence





QUESTIONNAIRE

Before we start with the '14-day Self-Care Booster', I'd like you to answer some questions about all the important areas of your life. It's a simple, yet powerful tool for self reflection and it gives you a visual representation of how balanced your life is right now.

For each question ask yourself, "On a scale from 1-10 (with 10 being excellent), how satisfied am I with this area of my life?" Don't over-think, just 'go with your gut'. There are no right or wrong answers to this assessment.

What number would you give your life? How do you feel at this moment?



1. How happy are you with your body and mind?



2. How do you feel about your financial situation?



3. How connected do you feel to something bigger than yourself?
(Eg. God, purpose, spirituality, values, etc.)



4. How do you feel about the quality of relationships in your life?



5. How happy are you with the levels of romance in your life?



6. How do you feel about your work (paid/unpaid)?



7. How much time do you invest in self-improvement?



8. How much time do you devote to fun activities?



9. How do you feel about technology (does it drain or energize you)?



10. How do you feel about your physical environment?



Day 1 CLARITY



How often do you start your day without checking in with yourself?

Maybe you roll out of bed and get straight to work, or the first thing you do is put everyone else's needs above your own. And the more you avoid your own needs, the more overwhelmed you can become.

Something I find helpful to combat this feeling is to set a daily intention. This means taking a moment to pause before the day begins and asking myself what I want to get out of it.

By doing this, I'm able to stay more mindful throughout the day and focus on the type of energy I want to attract and put out into the world.

These so-called intentions empowers us to decide what we want and how we want to experience life.

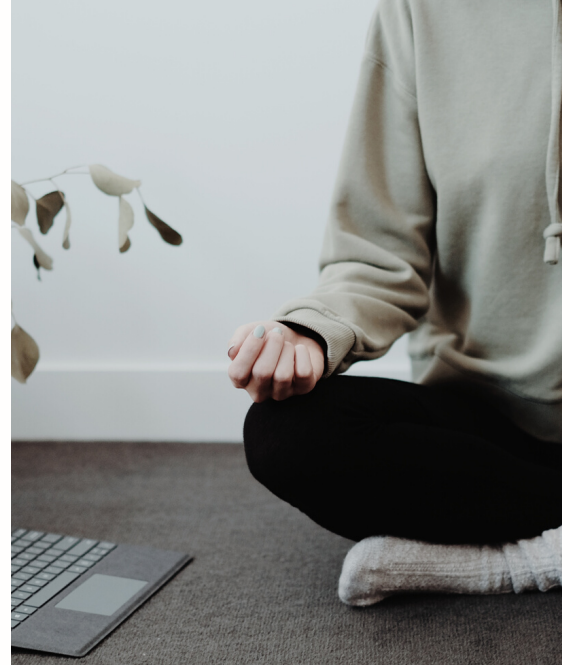
Sure, life is unpredictable and will likely still throw us some curveballs. But ultimately, we are the ones writing the masterpiece that is our lives, and setting intentions help us do that.

"A goal is what we want the end result to be. An intention is the *way of being* on our journey to get there.

CHALLENGE 1 *Time: 8 min.*

Begin your day with some affirmations for positivity, clarity and peace of mind.

[CLICK HERE](#)



CHALLENGE 2 *Time: 10 min.*

Define your core values. They inform your thoughts, decisions, and actions and help you align your life path to what's important to you.

[CLICK HERE](#)



CHALLENGE 3 *Time: 1-2 hours*

Create your own vision board, to increase understanding of what you want and how you want to get there.

[CLICK HERE](#)



Affirmation for clarity:

**"I am clear on who
I am. I am clear on what
I want. I am clear on
where I'm heading."**





Day 2 **CONTROL**

If I say the words 'having control in your life', what comes to your mind? What's something you're really trying to control the outcome of? How is that going?

And how do you feel about your level of control you currently have in your health? Relationships? Job? Lifestyle? Emotional life?

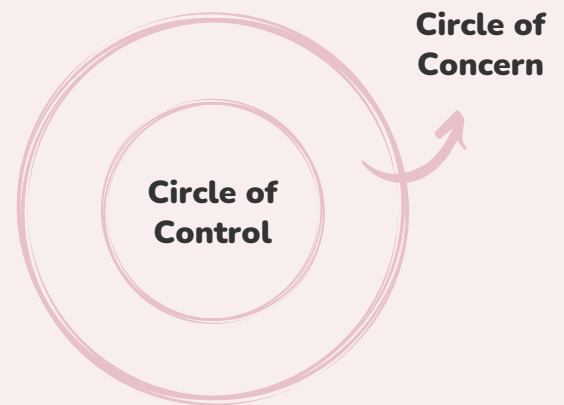
Obviously, no one can control everything in their life. Stephen Covey distinguish, in his book the 7 Habits of Highly Effective People, the differences between control and concern.

The Circle of Control

This is the area you can control: your own actions, thoughts, words, mindset, work ethic, choices, etc.

The Circle of Concern

This is the area you have no (or little) control over: the weather, policies of the government, score of your favourite football team, traffic, your egg count, etc.



Most people spend their lives in the circle of concern, which makes them feel helpless. You're fighting things you can't control, blaming others and not taking responsibility for the situation.

A healthier way is to expand your circle of control. Here you can be proactive, take responsibility and stop being the victim of the situation. What do you think would happen if you start spending 80% of your time in your circle of control?

"Taking action over things you CAN control makes you far happier than trying to control things that you can't change anyway."



Time: 10 min.

CHALLENGE 1

There are so many things in life (and during the TWW) we can't control.

Make a list of (at least) 10 things you CAN'T control.

Need some inspiration?



[CLICK HERE](#)



Time: 10 min.

CHALLENGE 2

You have control over three things: what you think, what you say, and how you behave.

Make a list of (at least) 10 things you CAN control.

Need some inspiration?



[CLICK HERE](#)

Affirmation for control:
**"I focus on what I can
control and I let go of
what I can't."**



Day 3 COMPETENCE

Most people acquire most of their knowledge, skills and experience by accident. They wander from interest to interest and develop a mixed bag of skillsets.

This is not a bad thing, but what if we choose what to focus on and develop in life (and what to avoid).

What new thing could you learn this month that would help you grow?

Studies show that learning new skills is an incredible way to enhance your quality of life, reduce stress, gain confidence and improve your mental health.

There is a part of your brain that lights up when exposed to new stimuli. You experience a rush of dopamine, which is often called the 'happy hormone', resulting in feelings of well-being.



CHALLENGE 1 *Time: 20 min.*

Think of all the major goals you have in your life. Now narrow them down to your 3 top goals - the most important things you want to focus on at this time in your life.

Write them down, also write a few phrases about WHY you want these goals.

Now for each of these goals, write down one new thing you could learn this month that would help you grow.



CHALLENGE 2 *Time: 30 min.*

Listen to a podcast, watch a video, or read something that challenges you or focuses on a topic outside your area of expertise.

Look for something that doesn't necessarily validate your point of view. Then set the intention to keep your mind open.

What is one thing you took away from it?





Affirmation for competence:

**"I am competent in my
skills, talents, and
abilities."**



Day 4 **CONGRUENCE**

In a day to day context, congruence means what a person displays outwardly (words, actions, body language, etc.) matches what is on the inside (thoughts, feelings, body sensations, etc.)

Sound pretty logic, right?

But (just like me), you most likely remember the last time someone asked you: "How are you?" and you put your best fake smile on and said: "Good.". Even though you are having a crappy day and feel like hiding in a hole.

The art of 'being real' is not that easy while being childless.

But let's take a look at the after effect. How did that conversation make you feel?

When what is on the outside does not correspond with what is on the inside, one is incongruent and that just doesn't feel good.

High congruence leads to a greater sense of self-worth and a healthy, productive life.

What does living congruently look like for you? In your job, relationships, health, etc?

Taking some time to explore yourself is an excellent way to start.



Time: 10 min.

CHALLENGE 1

Make a list of at least 20 things or people that inspire you. Let your thoughts run wild.

In the coming days, weeks, months keep adding things to this list. It will show you how you might enjoy spending your time.

Time: 30 min.

CHALLENGE 2

Develop a personal mission statement. It focuses on what you want to be and do. It is your plan for success. It reaffirms who you are, puts your goals in focus, and moves your ideas into the real world.

A mission statement makes you the leader of your own life!



[CLICK HERE](#)

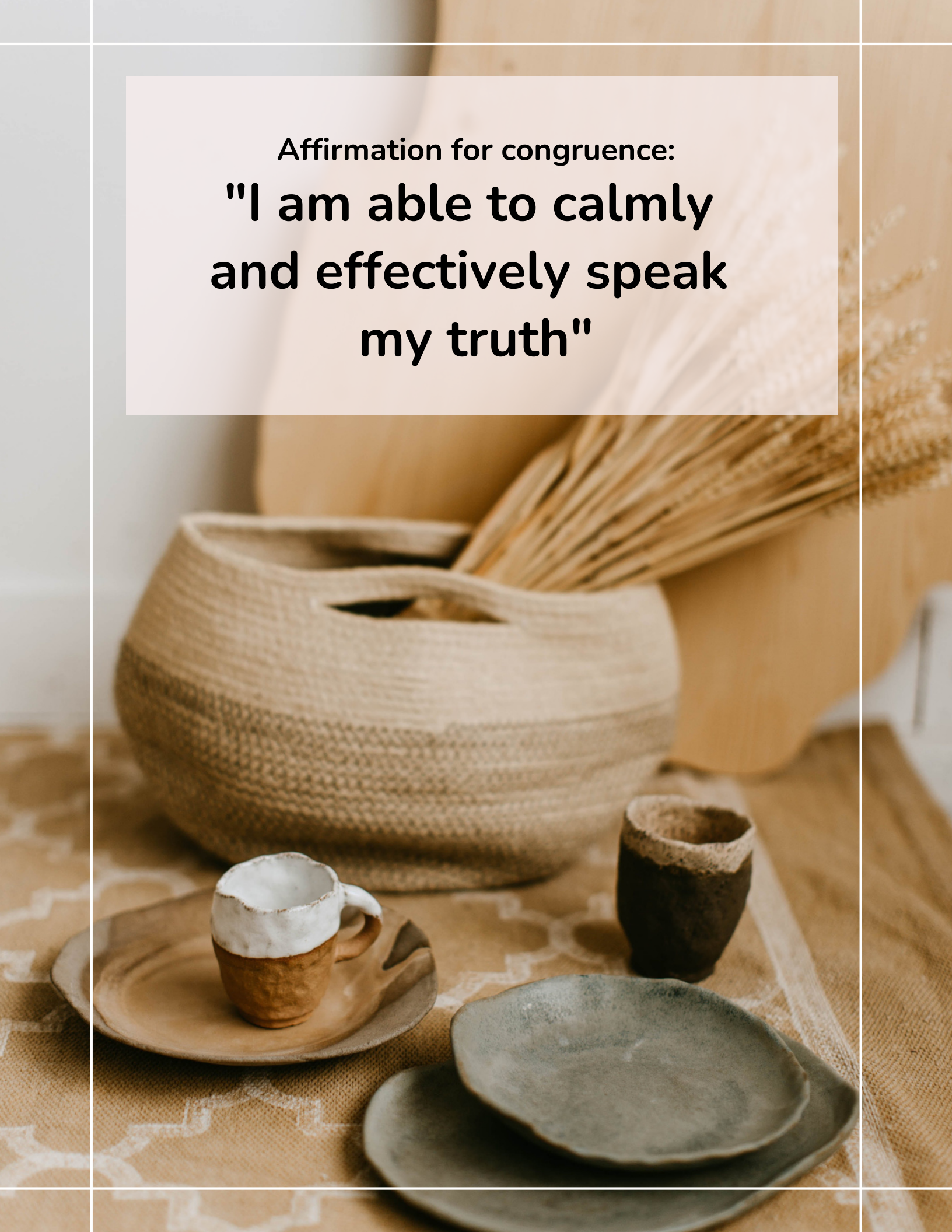


Time: 30 min.

CHALLENGE 3

Walk the talk. If you already have a sense of understanding yourself and your values, set an intention every day for the coming 7 days to live day by day congruent to your thoughts and action.

Affirmation for congruence:
**"I am able to calmly
and effectively speak
my truth"**



Day 5 CARING



Can you name 3 things you've been doing lately to care for yourself?

Practicing self-care does not mean you are choosing yourself over your loved one. It means that you are simply being mindful of your own needs.

Although self-care is less complicated than what you think, self-care goes far beyond doing the daily necessities like, eating, sleeping, and practicing hygiene.

Self-care is taking that extra step to ensure that your emotional, mental, physical, and spiritual well-being is in check.

Keep in mind that a part of self care is also learning not to ask for what you need from people who don't have it to give, and still trusting you deserve it and can get it somewhere else.

How could you practice better self-care in areas such as health, relationships, emotional well-being and/or lifestyle?



Time: 5-60 min.

CHALLENGE 1

All the stress-relief activities in the world won't help if you aren't taking care of yourself.

For today, choose a self-care activity. Self-care looks different for everyone, but to count as self-care, the behavior should promote health and happiness for you.

Or pick one from these 100 ideas...



[CLICK HERE](#)

Time: 30 min.

CHALLENGE 2

Whether it's taking 5 minutes of your day or an hour a day, you can successfully practice self-care by doing something for yourself.


It's important to never run out of self-care ideas. That's why it's fun to create a self-care menu full of ideas specifically for you.

Here you can find some guidance..



[CLICK HERE](#)



A top-down photograph of a white ceramic dish filled with a thick, white, creamy substance, possibly a cosmetic cream or lotion. The cream has a slightly textured surface with some swirls. In the bottom left corner, there are several green, elongated leaves of a plant. The background is a light, neutral color. A semi-transparent pink rectangular box is overlaid on the upper half of the image, containing text.

Affirmation for caring:
**"I give myself permission
to stop and breathe."**

Day 6 CONNECTION

"Connection is why we're here: It is what gives purpose and meaning to our lives." - Brene Brown

We all need connection. Feeling connected allows us to feel a sense of belonging.

Dealing with infertility, trying to juggle between work, hobbies, self-care and more, our social connections fall by the wayside.

But connecting with others is more important than you might think. Social connection can lower anxiety and depression, help us regulate our emotions,

lead to higher self-esteem and empathy, and actually improve our immune system. By neglecting our need to connect, we unconsciously make dealing with infertility even harder on us.

What defines happy and connected relationships in your life? How could you spend more time with your most positive, supportive friends and family members?





Time: 5 min.

CHALLENGE 1

Connections are a way to relieve stress. It allows you to enjoy time with another human being apart from the pressing concern of infertility and childlessness.

The benefits of having fun together with your partner or a friend are immense and outweigh the benefits you receive from your over-scheduled calendar.

Schedule a spa day, date-night, high-tea, picnic, movie night or something else that sparks your soul.



Time: 5-10 min.

CHALLENGE 2

Infertility is like a rollercoaster, busy and extremely exhausting. Everything is always go, go, go and we never really take the chance to just slow down, breath and think about what/who we are grateful for.

Text, call or write someone and tell that person how much they mean to you and how they have impacted you and your life..



Affirmation for connection:
**"I am in conscious
relationships that
elevate and support me."**