

*From Self-Care to  
Self-Reliance*



**AN INCREDIBLE  
21-DAYS JOURNEY**

— With —  
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**Self-care is defined as deliberately taking care of your well-being through various restorative activities.**

**There are many ways to practice self-care and each one of you will have your way of going about it.**

**The idea is to be intentional about including self-care in your daily routine and prioritising it.**

**Small steps have greater impacts over a period of time. Invest in yourself everyday and start writing the story that you wish to Live!**



# **DAY 01:**

## **KNOW YOURSELF THROUGH THE LENS OF GRATITUDE.**

Self-care is not a one time event. This is something that each of us needs to do daily. Self-care does not only mean going to spas, pampering or treating yourself. The expression of self-care comes in numerous ways. Unless you explore you will not be able to figure out the one that's best for you.

Today, look at yourself through the lens of gratitude. Reflect and write down at least 5 things that you started a while ago and have improved over a period of time. It could be a skill, your attitude towards something, a mindset shift or any other thing.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Step 1 of self-care is to know yourself, acknowledge how much you have grown and express your gratitude.

**CONGRATULATIONS ON TAKING THIS STEP 1.**

## **DAY 02:**

# **BREAK-FREE FROM THE MINDLESS HUSTLE AND ALIGN YOUR ENERGY, INTENTIONS AND ACTIONS**

Hustle according to the dictionary means forceful action or to move hurriedly or unceremoniously in a specified direction. We are referring to mindless hustle, which means you are doing things out of unknowing compulsion.

Step 2 is to reflect on the following 3 questions today and put in a sincere effort to answer them.

**1. What is the single most thing that is affecting you currently?**

**2. What can you do about it and/or is there any thing that you can learn from it?**

**3. List one action point that you can take to address it and do it.**



**This exercise will surely uplift your spirits**

**CONGRATULATIONS ON TAKING THIS STEP 2.**

**You are 2 steps closer to the realm of self-reliance.**



# **DAY 03:**

## **RECOGNISE THE SIGNS OF BURNOUT**

Understand that burnout is a symptom of overextending yourself.

Few common symptoms of burnout:

1. **Exhaustion:** You feel physically and emotionally drained despite getting sufficient rest.
2. **Withdrawal:** You choose to withdraw from social interactions and a feeling of isolation or disconnect seems to engulf you.
3. **Low levels of motivation and performance:** Your energy levels feel low. You face difficulty in completing your tasks or engaging in activities that you previously enjoyed.
4. **Your productivity levels drop.**
5. **Your attitude is inclined more towards pessimism.** You feel irritable and cynical without any real reason.

**The next time you are facing a burnout.  
Take a break and do the following:**

- 1. Don't judge yourself for feeling burnout.  
Exhaustion is not a weakness. It only means you  
need to realign your energies and your actions.**
- 2. Ask yourself,  
'What do you need at this point of time?'  
'What is it that you are not doing enough?'**

Most times, the challenge is not that we do not know what to do. The challenge is we do not pause enough and acknowledge what we need to do.

**CONGRATULATIONS ON TAKING THIS STEP 3.**

# **DAY 04:**

## **DEEPER YOUR CONNECTION WITH YOURSELF TO RE-TRAIN YOUR MIND**

Today is the day to deepen your connection with yourself. An integral part of self-care. Allow your mind some space to explore and feel free.

When you allow yourself to explore without an agenda, your energy levels will rise, it will rejuvenate your nervous system, and you will experience subtler but deep levels of well-being.

Define your 'Me' time and list at least 10 things that you would like to do but haven't done them in a while.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



6. \_\_\_\_\_

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9. \_\_\_\_\_

10. \_\_\_\_\_

Now pick at least one of the 10 and do it. This is another form of self-care. Give it a try and experience the benefits that it holds.

**CONGRATULATIONS ON TAKING THIS STEP 4.**



## **DAY 05:**

# **EXPERIENCE A SENSE OF FREEDOM AS YOU UNTANGLE YOURSELF FROM DESTRUCTIVE BELIEF-PATTERNS**

Today, notice your self-talks. Are they critical in nature or inspiring? Do you often stay in the energy of worry, fear, doubt or do you experience moments of calm, inspiration, and confidence?

**Identify the negative beliefs about self-care that you have and write them down.**

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When you encounter such thoughts, it is most important that you practice self-care. These are unhealthy thought patterns. They don't serve you in any way. They only become a hindrance to your well-being.

So, after identifying them, ask yourself if you wish to retain them or change them. Pick anyone and start working on these beliefs.

Remember self-care is deliberately taking care of your well-being through restorative activities.

**CONGRATULATIONS ON TAKING THIS STEP 5.**



## **DAY 06:**

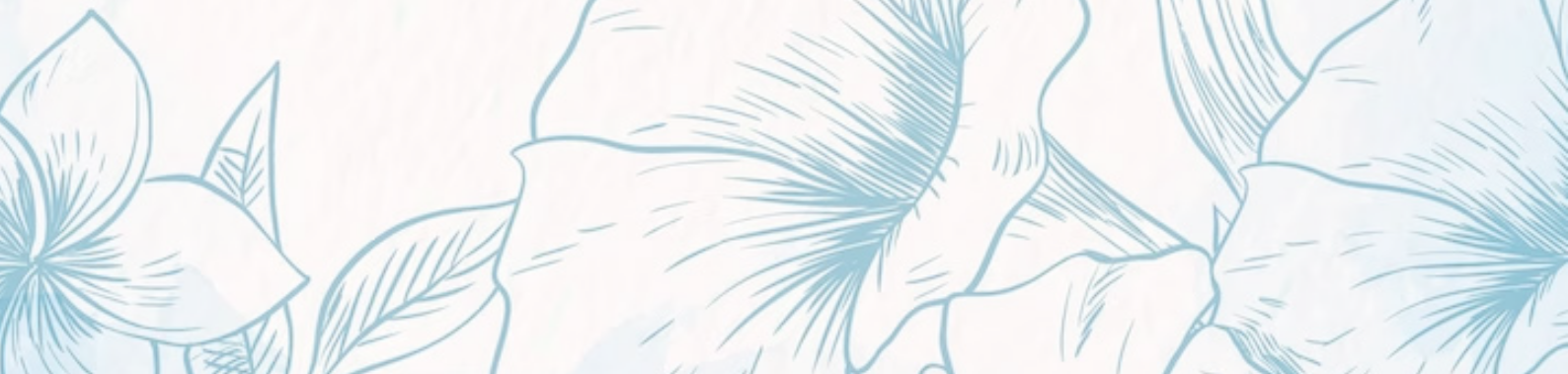
### **TUNE INTO THE WISDOM OF YOUR BODY TO HONOUR YOUR CHOICES**

There is an ancient proverb that says, “The body is happy when it is moving and the mind is happy when it is still.”

The body has a wisdom of its own. And often we tend to ignore and neglect what it is trying to tell us. And listening to your body, learning about its needs is an important aspect of self-care.

So, today take time out to listen to your body. Connect with its wisdom and see what it is that you must do to take care of it.

- Go for a walk in the park and listen to it.
- Is there something that you need to do that you have been avoiding... like going for a massage, or even doing your medical check-ups, a dental treatment that you have been postponing because you are busy with other priorities?



- Have you been thinking of eating healthy or going on a detox? Whatever it is, acknowledge it and do it.
- If you cannot take the action right away, put on your calendar, take the necessary appointment today and take that step.

Every step counts. So take that step today.

**CONGRATULATIONS ON TAKING THIS STEP 6.**



## **DAY 07:**

# **CONNECT WITH YOUR INSPIRATION. IT WILL REVEAL YOUR PATH TO FULFILMENT AND UNTAPPED POTENTIAL.**

Most times we fail to pay attention to the inspiration that strikes us. And when we stop taking a step in that direction, we are subconsciously demotivated to recognise it as well.

**List down 5 things that truly inspire you. This inspiration could be in the form of a quote, an idea, a book, a movie.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Make your inspiration visible.

For example: Keep that book on your desk, put a sticky note on your refrigerator or create a wallpaper and put it as your phone screensaver.

This simple step will help you keep the spark of inspiration alive.

**CONGRATULATIONS ON TAKING THIS STEP 7.**



## **DAY 08:**

# **DETOX - A POWERFUL ACTION TO RE-ALIGN YOUR ENERGY, INTENTIONS AND ACTIONS TO EXPLORE THE UNTAPPED POWER IN YOU!**

Today is the time for Digital DETOX.

In the digital world and the Information age, we are constantly bombarded with a lot of data, things to do, entertainment of all kinds. This fires up our nervous system and we unknowingly become more reactive. So, today give yourself an intentional break.

Set yourself 30 mins where you will digitally detox. This means for 30 mins in a day you will not be on yo phone, no Netflix, no social media. Just be with yourself.

**Here are a few suggestions for you to pick from.**

- **Rest it out**
- **Do some breathing exercises**
- **Go for a walk in the park**
- **Paint**
- **Meditate**
- **Meet your friend for a cup of coffee (make sure you keep your phones away.)**
- **Read a book with disturbance**
- **Listen to music but without any disturbance.**



**Make digital detox a part of your daily routine.  
It will realign your energies, intentions and  
actions.**

**CONGRATULATIONS ON TAKING THIS STEP 8.**



## **DAY 09:**

### **LETTING GO OF UN-SERVING HABIT PATTERNS CREATES A SPACE FOR YOUR ASPIRATIONS TO COME TO FRUITION.**

Today let us learn to let go of the habits that do not serve us. If you were with me over the last 7 days, then you might have noticed some of your traits

#### **REFLECT AND ANSWER THESE QUESTIONS.**

- 1. Were you able to do the simple tasks mentioned over the last 7 days?  
If not, then write down your resistance.  
If yes, what motivated you to act?**

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**2. Have you started including any form of self-care as a part of your daily routine?**

**If yes, how has it helped you so far?**

**If not, then write down the reason for your resistance.**

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**3. While reflecting over the past 7 days or even now, has any trait surfaced up into your conscious mind?**

**List the trait and also the change that you would like.**

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Now that you have seen your resistance, create a small space that reflects your intentions - your scared corner and make sure you show up here and do one self-care activity for the day.

Remember, Self-care is not a one-time event, it is a journey and something that we must learn to make it a part of our routine.

**CONGRATULATIONS ON TAKING THIS STEP 9.**



## **DAY 10:**

### **BEFRIEND YOUR FOREVER CRITIC TO BE YOUR BEST CHEERLEADER!**

It is often the inner critical voice that is our biggest obstacle. Your critical (left) brain often stops you from exploring possibilities.

The left brain is important but you must know how to use it also. It is a tool that you must learn to use. It is immersed in logic and conditioning. Since it is responsible for your survival, it unknowingly feels threatened to embrace new possibilities, as it feels secure in a tried and tested path.

**List down the top 3 critical thoughts that are often on your mind.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

The antidote to dealing with your critical voice is to nurture your creativity. And the easiest way to nurture your creativity is through journaling or free writing. It is also known as Morning Pages - a term coined by Julia Cameron.

Write 3 pages of long handwriting every single day without any judgments or agenda. Just write.

Trust me it will free up a lot of space from your mind.

Consistent work is the key to seeing drastic results over a period of time. Give it a try!

**CONGRATULATIONS ON TAKING THIS STEP 10.**



# **DAY 11:**

## **IDENTIFY YOUR CRAZymAKERS AND TAKE BACK YOUR POWER**

Crazymakers as defined by Julia Cameron have the following traits:

1. Someone who is often charming and charismatic and powerfully persuasive.
2. Someone who is long on problems and short on solutions.
3. People who like drama.
4. Another trait is that everyone around them functions as a supporting cast, picking up their cues, etc.
5. You feel more drained than empowered when you are around them.

If you know someone that matches these traits, know that they are the crazymakers in your life.

If you are unsure, the following exercise will help you identify your crazymakers.

**List down five major things that you wanted to accomplish last week.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Now, ask yourself :**

**1. How much time did you give to each one?**

**2. How much of your time is spent helping others and ignoring your own desires?**



**3. Is there anyone whose presence triggers doubts in you?**



**Step 1 is to recognise them.**

**Step 2 is to learn how to deal with them.**

**CONGRATULATIONS ON RECOGNISING YOUR  
CRAZymAKERS TODAY.**



## **DAY 12:**

### **IDENTIFY YOUR WELL-WISHERS- YOUR TRIBE THAT EMPOWERS YOU TO GROW AND EVOLVE.**

An integral part of self-care is to be surrounded by a tribe, a community that empowers you and helps you to grow and evolve. This is often referred to as social self-care.

Well-wishers are compassionate, enthusiastic and supportive. Crazy-makers on the other hand are aggressive, self-centered, and demanding.

Having people who mean well for you, who support you, who care for you are often subtle in their actions. And this is one of the reasons why the mind ends up focusing on the crazy-makers more than your well-wishers.

Today, acknowledge and distinguish between your well-wishers, your cheerleaders.

Take a piece of paper and draw three concentric circles.

Inside the innermost circle, write the things that are extremely important to you. - These are the things you need to protect.

In the second outer circle, write down the names of people who support you.

In the outermost circle, write down the names of people who are your crazymakers.

When you put it out on that piece of paper, you are bringing it all to your conscious mind. You can exactly see for yourself who are the people that affect you.

Keep your well-wishers close and crazy makers at a healthy distance!

**CONGRATULATIONS ON RECOGNISING YOUR WELL-WISHERS TODAY.**



# **DAY 13:**

## **SET HEALTHY BOUNDARIES TO ENSURE SELF-CARE**

Setting healthy boundaries is an extremely important aspect of self-care.

No matter the nature of your relationship, whether it is with your parents, your children, siblings, colleagues, teachers, friends, boundaries are important.


Remember the concept of overcrowding while planting trees. By setting boundaries that allow for appropriate spacing between trees, each individual tree can receive the resources it needs to thrive. Similarly, we must set healthy boundaries. It is not disrespecting anyone but creating a safe distance to grow and thrive.

**Today take some time and reflect on:**

- 1. Is there anyone around you that is suffocating you in some way?**

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**2. Would like to have some healthy distance between you and them?**



**3. If you are not confident about approaching them, write down how you can communicate it to them.**



When you write it, you see your thoughts in words, it brings you clarity and with clarity, it is easier to act. Trust me when you take the effort to think through things, you feel confident to take the action.

**CONGRATULATIONS ON TAKING THIS STEP OF DEFINING YOUR BOUNDARIES.**

# **DAY 14:**

## **EMBRACE YOUR GIFTS YOU WILL FIND THEM IN PLACES MOST UNEXPECTED!**

Today we shall explore spiritual self-care. This needs deep investigation and observation with equanimity. As ironic as it may sound, one of the gateways of investigation and observation is self-criticism. To deal with self-criticism strengthens your awareness.

Strengthening your awareness is a form of spiritual self-care. Awareness is your start point. Awareness must be aided by equanimity. In the moments of equanimity, you will see the resolution.

Investigate deeply.

Now, do the following 5-step process and discover your hidden gifts in the wave of criticism.

**Step 1: Receive the criticism completely. (Please note criticism also includes self-talk). Write the thoughts, words that are stuck in your mind.**



**Step 2: Write down how you feel.**  
You can describe how it shows up in your body. For example, palpitations in your heart, throbbing in your head, tightening in your chest, etc.



**Step 3: Write down what is really bothering you.**



**Step 4: Write down one useful thing/concept anything that you see from it.**



**Step 5: Do something nurturing for yourself.**

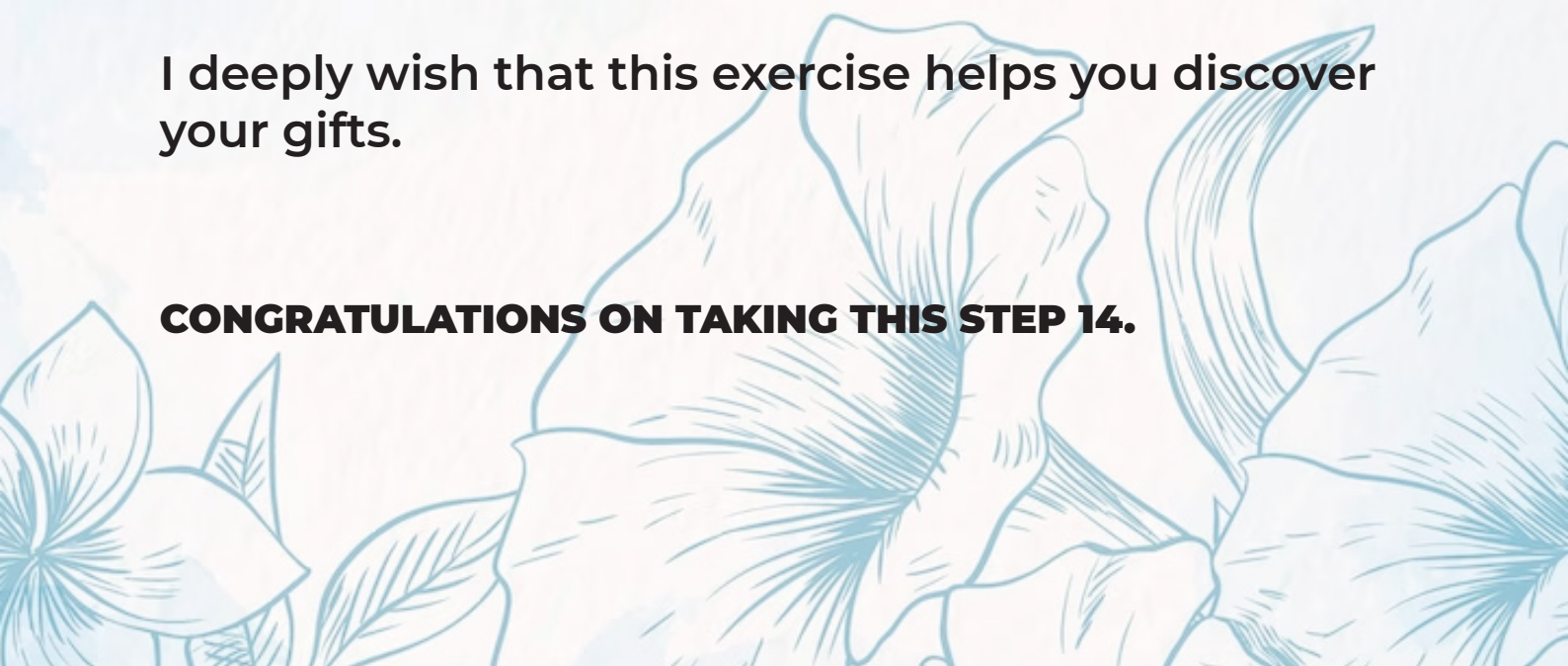


**Confrontation does not mean action. Action is a consequence. The above exercise will:**

- **Points towards a way out**
- **If you pay attention, it shows you where you want to go**
- **It will compel you to take action rather than be stuck in victimhood.**

**I deeply wish that this exercise helps you discover your gifts.**

**CONGRATULATIONS ON TAKING THIS STEP 14.**





# **DAY 15:**

## **LEARN TO SAY NO TO EXPERIENCE THE POWER OF YES**

Learn to say No to trivial things so that you can say YES to important things.

Not everyone is going to understand your perspective. Everyone will understand and comprehend things at their own time and pace. Don't wait for them to act on your priorities. It is your life and you must decide and learn to act on it. Saying No is not disrespecting anyone. You can disagree with respect.

It is better to give your 100% to every single YES than give 1% to 100 Yes's you say.

Today start with a mirror exercise to build your

**Here are a few affirmations that you can use. Stand in front of the mirror, look into your eyes, and say it.**

- 1. I honour my choices**
- 2. I now say YES to things that are important to me with ease and confidence**
- 3. As I tune into my intentions, saying No to things that are insignificant to me is easy.**

**You can craft your own affirmations as well.  
I would suggest you create 5 affirmations for  
yourself that resonate and inspire you.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**CONGRATULATIONS ON TAKING STEP 15 ON YOUR  
JOURNEY OF SELF-CARE.**



# **DAY 16:**

## **REDISCOVER, RENEW & REDEFINE THE 3 R'S TO CONSCIOUS TRANSFORMATION**

The 3 R's to Conscious Transformation are rediscover, renew and redefine.

**Rediscover:** Rediscover your strengths. When you take responsibility for your choices, you take your power back and anchor in your strengths to move forward.

**Renew your energies:** Rejuvenate your energies by going on a date with yourself. It may feel very uncomfortable in the beginning but trust me when you push yourself a little and do it, it will connect you with a sense of self-reliance. Self-Reliance is an immensely powerful virtue that we all must cultivate.

**Redefine yourself:** Every day is an opportunity to define yourself. Dive deeper within yourself, connect with your aspirations and embrace all parts of you, the good and the bad. That is how you redefine yourself.

**Do not shun away anything.**

**List down 10 tiny things you would like to change about yourself from the most significant one to the smallest.**

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8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**This exercise will get you started on the journey of conscious transformation!**

**CONGRATULATIONS ON TAKING STEP 16 ON YOUR JOURNEY OF SELF-CARE.**

# **DAY 17:**

## **FORGIVENESS - ONE OF THE PILLARS OF SELF-CARE**

**Forgiveness can be defined as a conscious and mindful action taken to release all the resentment, hurt or anger that you may hold against somebody who has wronged you or harmed you in any way.**

**Often we think that forgiveness is to free the other person but the truth is forgiveness is primarily for yourself.**

**There will be times when you will be angry at yourself. At such times, practicing self-forgiveness is equally important. Know that no one is perfect.**

**We all have our set of mistakes to make, learn and grow from.**

**So, forgive yourself and make space for your learnings and your growth.**

### **Exercise:**

- **Think about the act that you need to forgive yourself for. Write it down on a piece of paper.**
- **Do not judge what you write and keep writing until you have poured your heart out.**
- **Set an intention to forgive and let go of all the emotions that you are holding in your body.**
- **Now burn this piece of paper**
- **As you see it turn into ashes, invite gratitude in your heart.**

## **Remind yourself that:**

- **Forgiveness is empowering**
- **Forgiveness sets you free**
- **Forgiveness is self-care - you forgive because you care for your well-being.**

**CONGRATULATIONS ON TAKING STEP 17 ON YOUR JOURNEY OF SELF-CARE.**



# **DAY 18:**

## **REALISE YOUR POTENTIAL THROUGH CONSISTENT SELF-CARE**

Potential is like an elastic band. An elastic band has excellent tensile strength, resistance and resilience and can really stretch.

But what happens if you stretch it too far in the very first go? One of the two things will happen:

- 1. Either the band will break**
- 2. Or the band will rebound**

Consistent self-care helps you increase your potential little by little every single day. It rejuvenates you to create a healthy risk appetite, strengthens your adaptability quotient and keeps you energised to give your best to the tasks at hand.

Pick one activity everyday for a period of 10-15 mins and do it.

Start with 5 mins if you have to, but do it.

Write down the activity that you plan to do. When you write it down, you make a subconscious commitment to fulfilling it.

**I promise you, the universe will reward you for your consistent efforts.**

**CONGRATULATIONS ON TAKING STEP 17 ON YOUR JOURNEY OF SELF-CARE.**

# **DAY 19:**

## **SELF-CARE SETS SERENDIPITY IN MOTION**

Serendipity is meaningful coincidences or unexpected and beneficial discoveries. They are positive outcomes that arise from external occurrences.

When you start your journey of self-care, you in some way confront your emotions, thoughts, habits and take steps to change the ones that are not serving you. This is the key.

By doing this, you create space for new opportunities, insights, connections that are now aligned to your intentions and energy.

**Here are three ways to connect with synchronicity and set serendipity in motion.**

- 1. Let go of control:** Do your best but be equanimous to the consequence. This way you take charge of your actions but let go of the need to control the outcome.
- 2. Healthy attitude:** Nurture an attitude that is solution-oriented, that anchors in the inherent goodness of this world, and the fact that you can grow wherever you are planted. Nothing and no one can stop you from growing or evolving but yourself.



**2. Pay attention:** Be aware and pay attention to these coincidences and you will surely see that it wasn't as random as it seems. There is order even in the chaos if you have the eyes to see it.

**Pay attention and make a note of the serendipities that you experience.**



**CONGRATULATIONS ON TAKING STEP 19 ON YOUR JOURNEY OF SELF-CARE.**

# **DAY 20:**

## **THE POWER OF SELF-RELIANCE**


Self-reliance is a virtue. It is the ability to rely on your efforts.

When you nurture self-reliance in you,

1. You stop blaming others for things that go wrong in your life.
2. You are not dependent upon validations from the outside instead you rely on your efforts to reach the destination you desire.
3. You feel safe and secure because you realise that everything outside is a reflection of how you are inside.

**Write down ways in which you can nurture self-reliance in some ways for yourself.**

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Do not underestimate the effects and impact of self-care on various aspects of your life.

**CONGRATULATIONS ON TAKING STEP 20 ON YOUR JOURNEY OF SELF-CARE.**



# **DAY 21:**

## **CELEBRATE YOURSELF AS YOU CELEBRATE YOUR GROWTH**

The biggest room in the world is the room for improvement. No matter how much you have grown, there is a space for you to evolve further.

Don't wait to reach a milestone to acknowledge your success. Celebrate your small wins. They will help you stay on course and inspire you to do better.

You will cease to seek validations from the outside.

Be your own best cheerleader!

**Today, write down at least 20 small wins.  
You completed this 21-day self-care series, this too counts as a small win.**

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**CONGRATULATIONS ON COMPLETING THIS 21 DAYS JOURNEY FROM SELF-CARE TO SELF-RELIANCE.**

**Remember this is a journey of 21 days as your start point. From hereon, you must make self-care a part of your awareness, intention and translate it in your daily routine.**

## **CONNECT WITH ME:**

**Please write to me if you have any questions.**

If you wish to dive deeper into this process of discovery, I will be happy to mentor and assist you on your journey to growth and success.

Email me at:

**[connect.dharapurohitjohn@gmail.com](mailto:connect.dharapurohitjohn@gmail.com)**

**THANK  
YOU**

I am cheering for you as you commit to your journey of growth and success!

**- Dhara Purohit John**