


# Creating a Self-Care Plan

- 
- DO YOU PUT YOURSELF LAST?
  - FEEL GUILTY ABOUT SERVING YOURSELF?
  - HAVE TROUBLE ASKING FOR YOUR NEEDS TO BE MET?

Christina Enevoldsen

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Illustrations by Miriah Ruck



# Starting at the Root

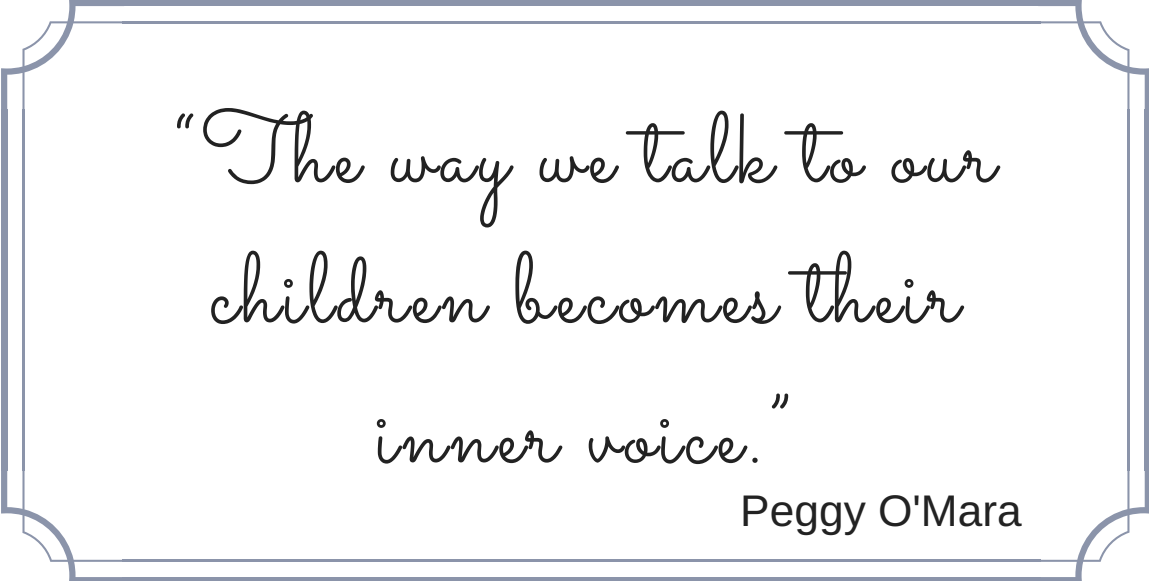
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One of the biggest struggles of my healing process has been self-care. It has been a whole new way of thinking to consider that I am responsible for taking care of me. It's not that I believed that others should take care of me—it's that I didn't think of it as anyone's responsibility.

My childhood left me feeling like a dirty, lost lump. Nobody noticed how sad and alone I was. Others ignoring me taught me to ignore myself. Since nobody seemed to value me, I learned that I wasn't valuable.

My beliefs about myself led to years of neglect and self-punishment. I didn't go to the doctor when I felt something was wrong. I worked myself far too hard. I stayed in relationships that were bad for me. The list goes on and on.

When the neglect caught up with me in my later years, I felt like a failure. That added another layer of resistance to self-care since I didn't think a failure deserved to be treated well.



*"The way we talk to our  
children becomes their  
inner voice."*

Peggy O'Mara

My wholeness has come from dealing with the root of my poor self-care, which is my belief system. What I believed about myself, what I did and didn't deserve, and what I could and couldn't accomplish became what I manifested in my life.

To create a solid plan, I needed to deal with those false beliefs that caused me to neglect myself.

There are 6 ways I've addressed those:

## Confrontation

When you notice you're listening to something shaming about yourself, ask yourself where that came from. Does that sound familiar? Who told you that? Confront it for the lie that it is because whether or not you have that weakness, there is no shame in that. You learned shame from someone; it didn't originate within you.

## Affirmation

Tell yourself the truth. If someone were making the same shaming accusations toward someone you love, what would you say in their defense? What is the truth about you? State that as a fact in the present tense even if you have trouble believing it.

## Appreciation

Access your inner cheerleader. You'll find what you look for within yourself. If you make it a practice to look for qualities within yourself you appreciate, it will become easier and easier to see yourself in a positive light.

## Exploration

Get to know the unique and wonderful individual you are. Take opportunities to explore your interests, talents, skills, preferences, desires, and dreams. Learn to appreciate all that you are. The better you understand yourself, the better you'll be able to care for yourself.

## Intention

Love is an action. It's not about feelings. Make it a practice to do 1-3 loving things for yourself everyday. Be intentional and start your day with a list and a plan for doing those things. Loving feelings will eventually follow.

## Attention

Create time for regular journaling--either in writing or by voice recording--and pay attention to your thoughts and feelings. Journal about your day, your responses to situations and relationships, what you are thinking and feeling about these challenges or anything else that comes to mind. Value yourself by listening and understanding.



# YOU'RE SPECIAL

You are special. In all the world there is nobody like you.

Since the beginning of time, there has never been another person like you. Nobody has your smile. Nobody has your eyes, your nose, your hair, your hands, your voice.

Nobody can be found who has your handwriting.

Nobody anywhere has your tastes - for food or music or art.  
No one sees things just as you do.

In all of time there has been no one who laughs like you, no one who cries like you. And what makes you laugh and cry will never provoke identical laughter and tears from anybody else, ever.....

No one reacts to any situation just as you would react. You are special. You are the only one in all creation who has your set of abilities.

Oh, there will always be somebody who is better at one of the things you are good at, but no one in the universe can reach the quality of your combination of talents, ideas, abilities and feelings.

Like a room full of musical instruments, some may excel alone, but no one can match the symphony sound when all are played together. You are special. You are rare.

And, in rarity, there is great value to us here on earth,

Because of your great rare value, you need not attempt to imitate others. You will accept - yes celebrate - your differences.

You are special. And you are beginning to realise it's no accident that you are special. You are beginning to see that God made you special for a very special purpose. He must have a job for you that no one else can do as well as you. Out of all the billions of applicants, only one is qualified, only one has the right combination of what it takes.

That one is you.

Because .....

You are special!

Peta Crane



Self-care is a process. It's one of the biggest challenges of the healing process but it's also one of the biggest rewards. When you can take care of yourself, when you are the priority in your life, when you don't consider yourself a burden, when you can truly love yourself, everything else falls into place. I consider that wholeness. That's what my overcoming life is all about. I hope you want that for yourself too.

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With love,  
Christina

I'd love to hear how you've created your own self-care plan.

Email me and let me know:

[Christina@overcomingsexualabuse.com](mailto:Christina@overcomingsexualabuse.com)