



TARAH CO.

# SELF-CARE RITUALS

[www.shoptarahco.com](http://www.shoptarahco.com)

W E L C O M E



We believe the key to true wellness lies in our connection to ourselves and Mother Nature. We strive to honor this connection by sharing our passion for intentional and conscious living through our collection of holistic, natural wellness products.

Our goal is to empower you to embrace your highest self in mind, body, and spirit, and live a life filled with purpose, love, and connection.



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# 01 *Deepen your* SELF AWARENESS

Let's deepen your self-awareness.

MY VALUES: What's important to me?

MY PASSIONS: What am I passionate about?

MY "WHY": What/who keeps me going?

MY STRENGTHS: What am I good at?

WHAT BRINGS ME JOY: I feel joyful when...

DRAW SOMETHING HERE: i.e. a picture of me, my loved ones, or something I love.

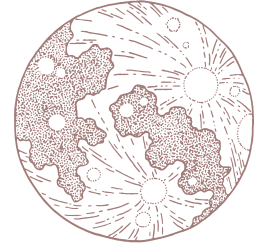
# 02 *Cultivate* SELF LOVE



10 things I love about myself:

A large, empty white rectangular area intended for writing the user's responses to the prompt above.

# 03 GRATITUDE *List*



What am I grateful for? E.g. I'm grateful for all that my body does for me. I'm grateful for my comfortable bed.

Eight horizontal bars for writing a gratitude list.

# 04 SELF CARE IDEAS

Watch the sunrise or sunset

Take 3 deep breaths

Journal your feelings

Go for a walk in the nature

Take actions towards your dreams

Write positive affirmations

De-clutter your home

Write 10 things you love about yourself

Take a bath

List things you'd like to welcome into your life

Drink water

Reach out to someone you haven't talked to in a while

Hug someone you love

Do something you loved as a kid

Perform a random act of kindness

Cook something you love

Have a nap

Accept your thoughts & feelings

Stretch your body

Meditate to clear your mind

Wash and change your sheets

Talk about your feelings

Go to bed early tonight





# 05 *Self-care* AFFIRMATIONS

Today I am taking heart-lead actions

I love and respect myself

I cherish the miracle that is my body

My love and compassion radiates out into the world

Difficulties in life helps me grow and become a better person

I am embracing my individuality while being kind and loving

I am more than enough

I allow myself to dream bigger

I come into awareness of my inner magic now

I bring peace with me wherever I go

My kindness is a gift

It's safe to slow down and rest

I know that I am loved and protected at all times

I am proud of what I have to offer the world

I communicate with ease and grace

I welcome healthy, loving relationships

I perceive things from my heart, not my ego

I practice presence and mindfulness now

I am ready to receive

I move freely through life

People who trigger me are likely to be my mirror. I take the opportunity to self-reflect on my behavior

*Calendar of*  
**INTENTIONS**

YEAR

NAME

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

# 07 *Pick a* CRYSTAL

**Activity:** Which crystal do I feel drawn to? (Hint: pick without thinking too much!)

*1*



*2*



*3*



# AMETHYST

PROTECTION . INTUITION . CREATIVITY

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Amethyst is a protector, energy enhancer and releaser.

**Chakra:** third eye

**Colour:** purple

**Cultivate:** protection, healing, spirituality, creativity, calmness

Curious? Discover more at  
[shoptarahco.com/amethyst](https://shoptarahco.com/amethyst)

# ROSE QUARTZ

LOVE . INNER PEACE . NURTURING

---



Rose Quartz is a stone of the heart, known to promote loving energies.

**Chakra:** heart

**Colour:** pink

**Cultivate:** love, self-love, friendship, deep inner healing

Curious? Discover more at  
[shoptarahco.com/rosequartz](https://shoptarahco.com/rosequartz)

[www.shoptarahco.com](https://www.shoptarahco.com)

# CLEAR QUARTZ

BALANCE . CLARITY . AWARENESS

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Clear Quartz is a powerful healing stone, known as the "master healer".

**Chakra:** crown

**Colour:** white,  
transparent

**Cultivate:** harmony,  
balance, awareness,  
focus, calmness

Curious? Discover more at  
[shoptarahco.com/clearquartz](https://shoptarahco.com/clearquartz)

[www.shoptarahco.com](https://www.shoptarahco.com)



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# Intention Setting with Crystals

TO MANIFEST YOUR GOALS AND DESIRES



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# THANK YOU!

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