



## Self Awareness Ritual:

Recognise and celebrate how you support yourself, fostering self-love and personal growth.

Farya Barlas psychologist

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Start your transformative journey to self-love and personal growth with this free worksheet, crafted by a seasoned psychologist and trauma expert.

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# END OF THE DAY WORKSHEET

## Instructions:

Take a few moments to reflect on your day and fill out this worksheet. This exercise is designed to help you recognize and celebrate the ways you show up for yourself, fostering a deeper sense of self-love and personal growth.

### 1. Today I showed up for myself by doing.....

(Describe one or more self-care practices you engaged in today. Examples include meditation, exercise, journaling, spending time in nature, or any activity that nurtures your well-being.)

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### 2. Honouring the commitment to myself made me feel.....

(Reflect on how dedicating time to yourself made you feel. Consider looking for different emotions and remind yourself that any emotion is allowed)

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3. I am proud of myself for.....

(Acknowledge an action or effort you made today that you are proud of. This could be something related to your self-care practices or any other positive choice you made.)

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4. I am grateful for.....

(Name two things you felt grateful for today. These could be related to your experiences, relationships, or simple moments of joy.)

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5. I will make a promise to myself.....

(Write down a promise to engage in one or more self-love practices tomorrow. It can be anything from the list above or the meditation provided for you on self love. Remember, you are worthy of showing up for yourself.)

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6. Today I learned I can create safety for myself.....

(Reflect on how your self-care practices contribute to your sense of safety and well-being. Consider how these activities help you build a supportive and nurturing environment for yourself.)

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**\*\*Reflection and Next Steps:\*\***

Use this worksheet daily to cultivate a routine of self-love and reflection. Over time, you will develop a stronger sense of self-worth and discover more ways to create a supportive environment for your growth and well-being.

Remember, showing up for yourself is an ongoing journey. Be patient and kind to yourself as you continue to explore and nurture your self-love practices. There is no right or wrong way in doing this. The idea is to be more aware and show up for yourself.



*Hi there!*

Hi there! I'm Farya Barlas, an author, trauma-informed therapist, senior psychologist, and speaker. My journey has been one of profound transformation and dedication, both in my personal life and in my work, guiding thousands on their path to healing and self-discovery.

I developed a Method called **Homecoming To Self**, combining psychological treatments, somatic healing and inner work to heal trauma in the mind, body, and soul. This holistic approach promotes deep, lasting healing.

**Discover Your Path to Inner Wholeness**

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FARYA BARLAS  
PSYCHOLOGIST