

Free Library Guide #017

Simple Self-Care Guide

DonDada The Resetter™

A Quick Transformation Guide • Free Library

Welcome

Self-care is not about escaping your responsibilities. It's about caring for your physical, mental, emotional, and personal well-being so you can show up more fully in your daily life.

DonDada Quote

"Taking care of yourself is one of the most practical investments you can make." — DonDada The Resetter™

The Self-Care Framework

1. **Check In** – Notice how your mind and body feel today.
2. **Meet Your Needs** – Address rest, nourishment, movement, and connection.
3. **Create Boundaries** – Protect your time and energy.
4. **Recharge** – Schedule activities that help you recover.
5. **Repeat** – Practice self-care consistently, not only during stressful times.

Real-Life Example

Instead of waiting until you're exhausted, schedule a daily 15-minute break to walk, stretch, journal, or simply enjoy a quiet moment. Small habits often prevent burnout.

Your Self-Care Workbook

- What area of self-care needs the most attention?
- What activity helps me recharge?
- What boundary would improve my well-being?
- What one act of self-care will I practice today?

3-Day Self-Care Challenge

Choose one simple self-care activity and practice it for the next three days. Write down how it affects your mood, energy, and focus.

Key Takeaways

- Self-care supports long-term well-being.
- Small daily habits matter.
- Healthy boundaries protect your energy.
- Consistency is more valuable than occasional extremes.

Continue Your Reset

Mindset: Mindset Reset Starter

Emotional Wellness: Emotional Awareness Starter

Habits: Building Healthy Habits

Productivity: Morning Reset Routine

Continue Your Journey

Free Library – Explore resources across many categories.

Individual Libraries (\$11/month each) – Dive deep into one subject.

Creole Library (\$25/month) – Personal development resources in Haitian Creole.

All-in-One Library (\$55/month) – Includes every \$11/month library plus standard online courses.

VIP Membership (\$250/month) – Includes the All-in-One Library, premium online courses, and one private consultation each month.

Resetter's Inner Circle (\$500/month) – Includes everything in VIP, the exclusive Emotional Reset Library, and four private consultations each month.

Library Information

Series: Starter Guides • Guide #017 • Reading Time: 10 Minutes • Beginner