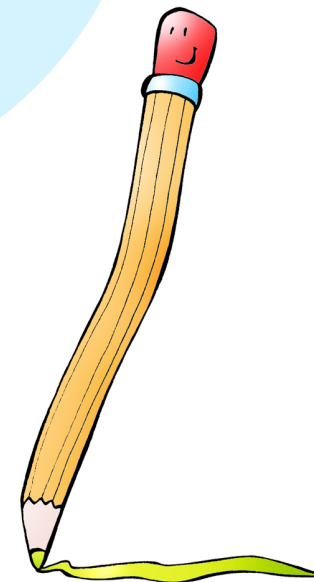


Four weeks
to explore your:
Eyes
Body
Mind
Heart

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Illustrations and graphics by Silvia Paparella*

FALL IN LOVE WITH YOURSELF

*Welcome to the illustrated
diary that will guide you
for 4 weeks through
a series of reflections and
practical ideas to take care
of yourself and regain
energy, balance
and power.*





EYE

Welcome! This first week we are going to train mindfulness. In order to feel good in our mind and body, we must first know ourselves. Listen and observe yourself every day...

Emotions Don't be afraid to recognise and express them (yes, even the negative ones). It's not about complaining all the time, but about accepting how you feel and, most importantly, to not feel guilty about it!

Taking care of yourself means taking care of your energy levels.
energy levels: are you able to identify which activities charge you up and which ones drain your energy? Mark them all!

what recharges me...

what drains me...

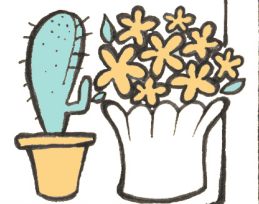
Learn to set boundaries:
remember that you can be a
good partner, mother, colleague
and friend and say no
sometimes!



Practice gratitude!

1.
2.
3.

write down every night
before bedtime 3 things
for which you are grateful!

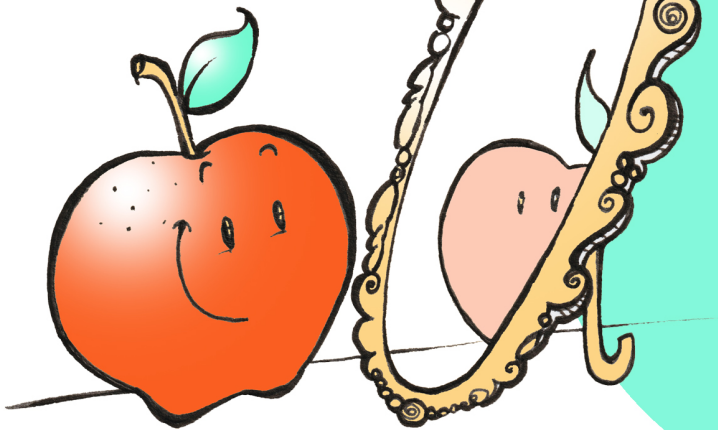


BODY

This week we will focus on our bodies. Slow down. Stop. Listen to your body's signals. How do you feel? Do you have recurring symptoms? Are you sleeping well? How much sleep do you get? Unresolved emotional stress causes insomnia and lack of sleep contributes to stress, in a vicious circle, generating even more anxiety and fatigue.

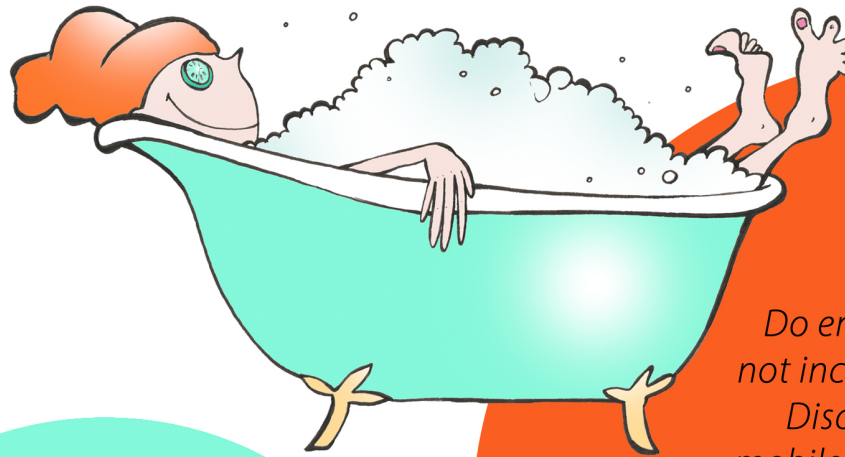
Be kind to yourself.

Being continuously exposed to our face displayed on high definition screens makes us focus our attention on the flaws (which perhaps other people don't even see) and on the signs of fatigue.



Look at yourself in the mirror and write down 5 things that you like about your body:

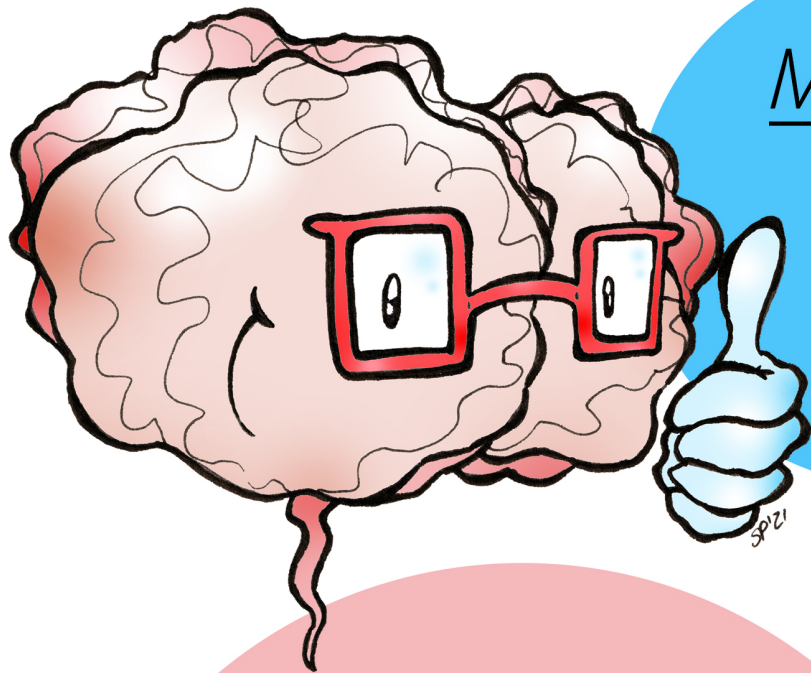
Keep moving every day. Create and maintain a routine. If you can, take walks in the open air, preferably in green areas. Do sport, meditate, eat well. Find the balance that suits you and is good for your body. Be consistent, but don't feel guilty for breaking the rules once in a while.



Unplug.

Do enjoyable activities that do not include an electronic device.

Disconnect or switch off your mobile phone. In this age we are permanently attached to screens and always on call: for work, because of distant family members, video calling friends. At least in the evening before bed, don't check the news, don't look at social networks, don't scroll without pause. Just Stop.



MIND

Feed your mind every day by trying new things: even small activities that you have never tried before, relaxing alone time, a new course, drawing, sleeping, painting your nails, a new hobby...

MINDs CAN LIE!

Remember that thoughts are just thoughts: accept them but be aware that they are not always real. Let them go and focus on the here and now, which is the only time you can live and over which you have power.

What needs you don't manage to grant yourself?

1.
2.
3.

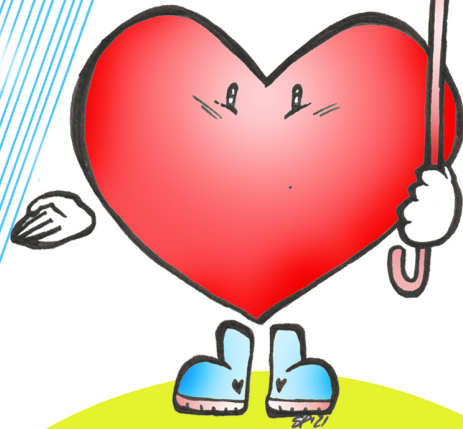
Give yourself permission! Allow yourself to spend time alone with and for yourself, to take a break from everything and everyone, to ask for help, make mistakes and try again.



*Learn to fail
consider mistakes
and failures a learning
experience and NOT
a measure of your value!*

HEART

Now that you have given yourself some time alone, to rest and to stop the constant inner (and outer) chatter, focus on what is really important to you.



Passions

Did you know that what you usually like to do is what you do best?

What do you like to do? What would you do even for free? What were you passionate about when you were a child?

Ask a group of people that you trust to describe you using 3 words!

Values

Take time, breathe and think:

- What is really important to me?
- What kind of relationships do I want to build (in my private life but also at work)?
- When do I feel alive, energised, inspired, in the flow?



Talents

What are your talents? Don't think of amazing abilities, just about something that comes naturally to you, the small and large gifts that you certainly have and make you who you are! Remember that talents must be cultivated - it is not decided at birth what we will become - and that you can always improve and cultivate new skills...