

A FREE WORKBOOK

The Ultimate Self-Healing Support Guide

BY BECKY ROITZ

WWW.REBECCAROITZ.COM





WELCOME

This e-book is designed to support you through moments of self-doubt, dips in confidence & when you're lacking clarity on your self-healing journey. It can sometimes feel overwhelming to navigate where to begin or what step to take next without the right support system around you and the path may feel lonely which can lead to discouragement and a lack of self-confidence.

As a Reiki Master and self-healing coach, I want to reassure you that you are not alone. Each of us on this journey has had self-doubt, dips in confidence and moments where we lacked clarity.

Use the prompts & rituals provided as support through those moments, to lovingly guide you to remember why you began this journey, and to remind you of your full freaking power.

What to expect:

- What is the self-healing journey?
- Getting to know your why
- Supportive journal prompts to support your daily life & healing journey
- Supportive rituals to help you re-align with your why
- More resources & a printable bonus at the end

HOW TO USE THIS WORKBOOK

The self-healing journey is a profound and transformative process of self-discovery, growth, and inner transformation. It involves recognizing and addressing emotional wounds, limiting beliefs, and past traumas and cycles to promote healing and a deeper sense of well-being.

This process often involves a feeling of simply “knowing it’s time.” A waking up to knowing you’re worthy of more, you’re made for more and capable of more. This “more” is far from superficial or surface level, it’s a remembering of the wisdom and power that exists within you. It’s coming home to your body, knowing your worth and remembering that you are limitless.

The process often involves layers of self-awareness, acceptance, emotional healing & releasing, mindset transformation, self-compassion, self-care, personal growth, connection, integration and empowerment.

Use this resource as a support tool regardless of where you’re at on this journey. It is created as a foundation that you can always fall back on during any part of your path.

You can replace “self-healing journey” in any of the prompts to support where you’re at in your journey. Examples: financial freedom, health, my ideal partner, a fulfilling career, etc.

Remember that there is no need to rush your process & you are exactly where you’re meant to be.



Section 1

KNOW YOUR WHY

Knowing the why behind anything that you do is going to be your foundation. On days you feel you're spiralling into old belief systems, into doubt, etc, you're going to come back to this foundational why.

What does self-healing mean to me, and why is it important in my life?

What does success on this journey look like to me?

What does success on this journey feel like to me?

The core feelings that committing to this journey will bring to my life are:

Therefore, my why behind this entire journey is:

Section 2

SUPPORT PROMPTS

Pull out your journal to answer the following prompts as needed:

ROUTINE

- In what ways does my current daily routine support me and my self-healing journey?
- In what ways does my current daily routine discourage this journey?
- How can I adjust my daily routine & how long can I commit to a daily routine to better support me starting now?



CONSUMPTION

- When was the last time I evaluated my consumption?
- What am I consuming that supports my journey (through my eyes, ears, nose & mouth)?
- What am I consuming that does not support my journey & how can I adjust this starting now?



LIMITING BELIEFS

- What fear is currently getting in the way of my healing journey & being fully confident in my power?
- Where or who does this fear come from?
- What emotions do I want to feel instead?
- What is this fear or negative feeling protecting me from?
- Do I need this or what feelings can I fill this space with instead?



MANIFESTATION

- In what ways do I already feel the feelings associated with my "why" in my daily life? (Can be very small scale.)
- Am I allowing myself to feel these in my physical body?
- Can I try to allow more of these feelings in to allow my body to feel safe allowing them in at a larger capacity?



Section 3

SUPPORT RITUALS

Rituals to support your process & journey:

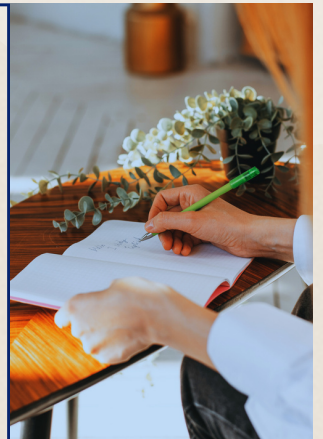
MINDFULNESS RITUALS

- Allow yourself to feel your "why" feelings as a daily ritual during your morning beverage or as a full ritualized experience. Examples: feel an emotion with each sip, greet the sun and feel your emotions with the warmth of the sun, or play a specific song and imagine your life through those emotions.
- Get out in nature: go on a nature walk to stimulate your senses & allow yourself to feel grounded in your body & in the world.
- Meditate for a few minutes a day to allow your mind to quiet. Remember that it's alright for thoughts to creep in, what's most important is simply acknowledging them with neutrality and bringing your awareness back to your body & breath as often as you can.



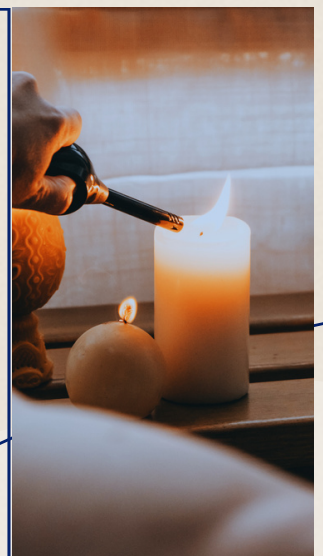
GRATITUDE RITUALS

- Do a daily or weekly gratitude check-in by journaling or taking notice of all that you're currently grateful for.
- Sit in gratitude with each meal you eat, allowing yourself to be grateful during every bite or every chew.
- Reminding those you care about that you are grateful for their love & support.
- Being grateful for yourself - your body, your mind, your spirit, as well as any & all progress.



SELF-COMPASSION RITUALS

- Saying aloud, reading or writing out compassionate affirmations, examples: I am deserving of love & kindness, especially from myself. I release self-judgment & embrace self-compassion in all that I do. I give myself permission to rest & care for my wellbeing without guilt.
- Ritualizing self-care practices is a beautiful way to offer self-compassion. Examples: ritual baths, creative self-expression, dance or movement to release pent-up emotions, & cooking yourself a beautiful & supportive meal.



About THE AUTHOR



Hey babe, I want to congratulate you for showing up for yourself and doing what it takes to choose you and trust your path. If you're here, it's likely because you're in the process of navigating your self-healing journey, whether that's on your own, with the support of a practitioner or at-home support system.

Believe me, I get how hard it can be to take the time out of your day to re-commit to yourself and this path. I've been in your shoes, I've lived the life of manifesting unfulfilling dreams, falling into doubt, trying the same old methods to create a new outcome, and finally breaking free from those cycles and truly tuning into confidence in my full truth and unique flow. I've healed the parts of me that once limited my power, have created a beautiful life full of magic and now help others do the same. If you're looking for more support on your journey, be sure to watch your inbox and keep in touch through the outlets on the next page, as I have some beautiful new support masterclasses and programs coming your way soon.

NEED MORE INSIGHT & SUPPORT?

Join our mailing list at
www.rebeccarowitz.com

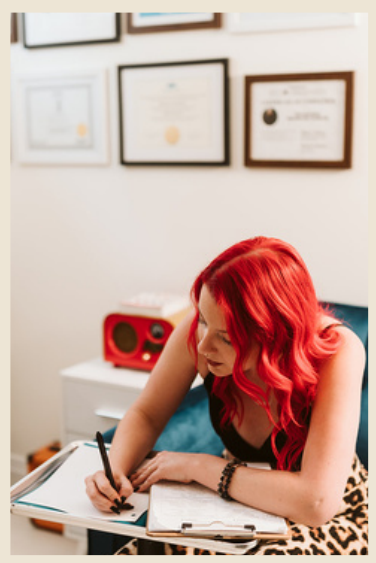
[OTHER FREE RESOURCES](#)

[HERE](#)

[TEA TIME WITH BECKY](#)

[PODCAST HERE](#)

[CHECK OUT THE BLOG HERE](#)



WHAT CLIENTS ARE SAYING:

"This is an ongoing, beautiful process that I trust wholeheartedly in, and truly feel I may not have survived without it. A beautiful soul is arising from trusting this healing process and putting it all out there so that it can be let go of, and it can be set free. Becky, you beautiful spiritual soulful human, you have no idea how grateful I am for you, and for sharing your journey and gift with me." - C.F.

"Becky is a magnificent healer and has truly changed my life." - S.J.

"I thoroughly enjoyed my experience with Becky. Her positive energy and passion for what she does is unwavering. If I could take an ounce of the love and energy she possesses and carry it into my own practice I will be forever grateful for her and the world she has opened me up to. If you are ready to take this journey I highly recommend you do so with Becky." - B.O.

PRINTABLE DAILY JOURNAL

DATE

MOOD

Daily Journal

What I have to be grateful for:

PRIORITIES

WINS

○

○

○

○

○

○

○

○