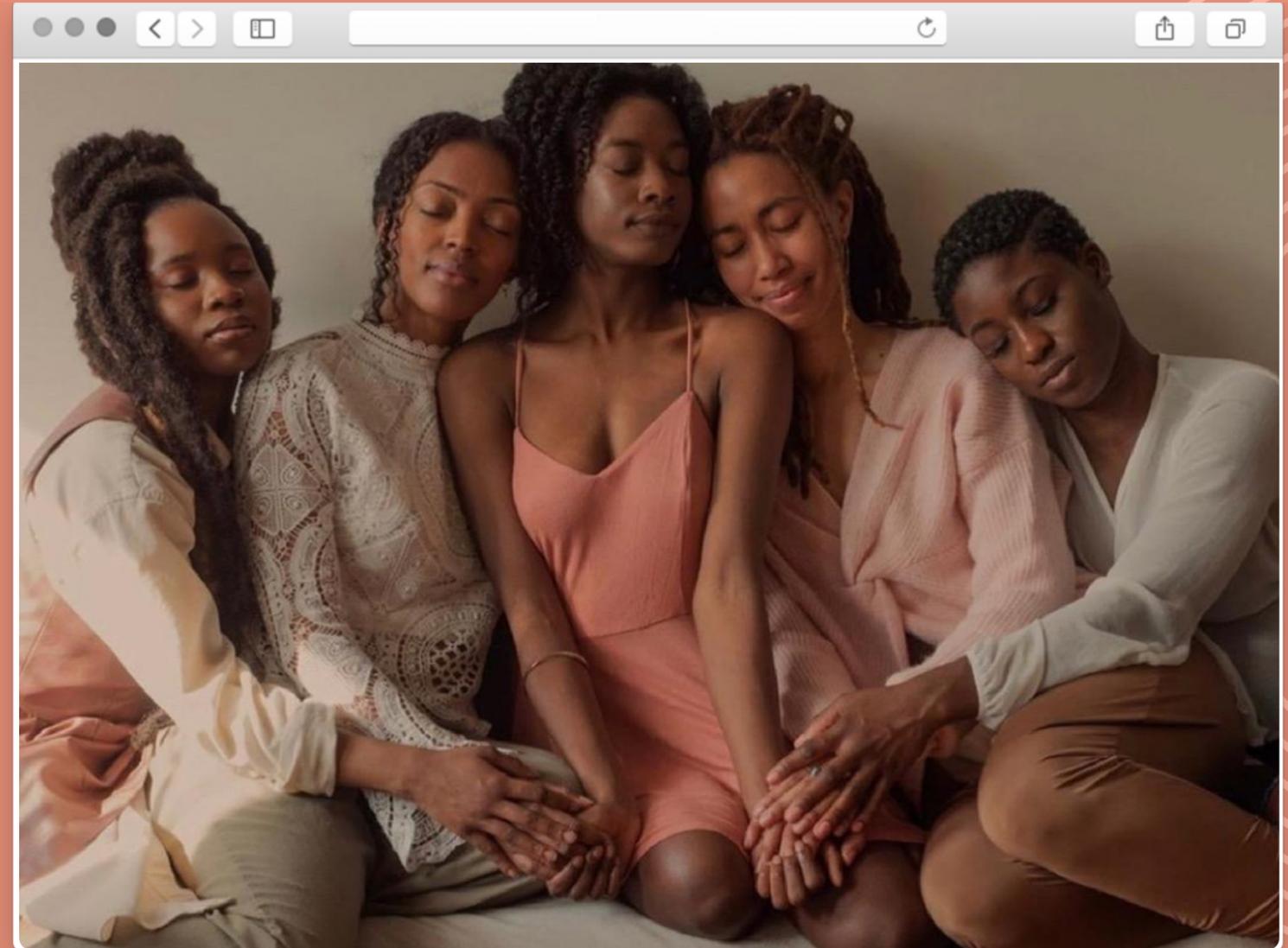


Black Women

HEALING RETREATS



Assignment Book

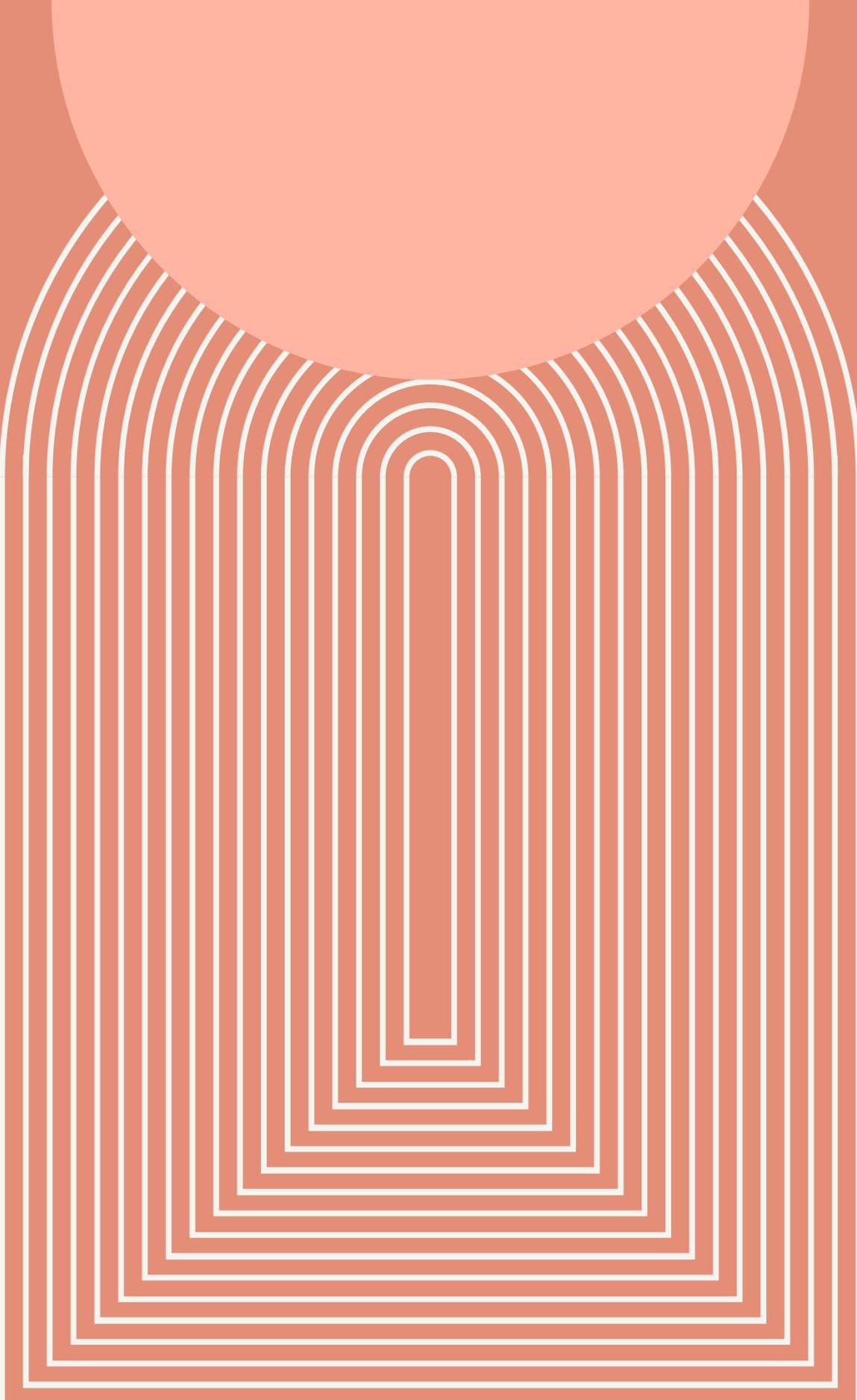




Greetings Sisters!

We live in a society where so many black women are overworked and constantly worrying about their careers and external successes that they completely forget to prioritize their healing, mental health, wellness, and emotional well-being. As a result, so many black women find themselves in a state of depression, unfulfillment, and anxiety. We show up to do our hair and nails, but when it comes to taking care of ourselves, we treat it like the last option, which is unacceptable. How can someone attract a healthy relationship when they don't prioritize self-reflection and healing? How can someone grow out of situations that hurt when they don't take the time out to take care of their mind, body, and spirit. Healing is not just a trend. It is necessary to have a whole and completely fulfilling life and soul.





Assignments:

Each assignment should be done with self-awareness. Self-Care, healing and wellness are about achieving inner peace in a chaotic world; it's about prioritizing yourself because it is a better place when we show up as our best selves. Self-Care allows us to experience peace internally and externally. The key to self-care is discipline and consistency. It is time to put yourself first; this is how we practice self-love!

WHAT YOU'LL DO:



PHYSICAL WELLNESS

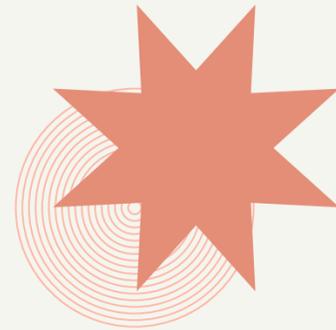
Most women do not enjoy exercising, which is understandable. However, it is imperative to incorporate body movement into your daily life. Even if you eat healthily, it will be easy to gain weight and create dis-eases if you do not exercise. Find an exercise you can commit to a few times a week.



EMOTIONAL WELLNESS

Take some time to be in solitude. Take a break from your boyfriend, husband, kids, and friends. Sit with your emotions and tune into them. What comes up for you? What's hurting you? What is holding you back? What do you need to heal from?

WHAT YOU'LL DO:



SPIRITUAL WELLNESS

Have you abandoned your spiritual practices and beliefs? How can you connect back to your beliefs? How can you open your mind to tap into other new spiritual practices? What's stopping you from focusing on spirituality? When we connect to our spirituality, our worlds transform.



FOOD WELLNESS

Are the foods that you eat nourishing, or do they leave you feeling depleted? Food is supposed to give us energy and heal. How can you create better food decisions to sustain a healthy life? This month, be mindful when you order food or go to the grocery store, eat with the motive of nourishing your body healthily.

A decorative graphic on the left side of the page. It features a series of vertical white lines of varying lengths on the far left. To the right of these lines are two overlapping circles of a light orange color. The top circle is partially obscured by the bottom circle. The lines curve around the circles, creating a sense of depth and movement.

The feeling

CREATE A MORNING ROUTINE AND STICK TO YOUR MORNING ROUTINE AT LEAST 4 TIMES A WEEK AND NOTICE THE DIFFERENCE IN YOUR DAY TO DAY.

WHEN WE FIRST WAKE UP IN THE MORNING, IT IS NATURAL TO GRAB YOUR PHONE AND GO INTO THE DAY. HOWEVER, A MORNING ROUTINE WILL CREATE A MORE BALANCED, HEALING, HEALTHY, AND PRODUCTIVE DAY. WRITE DOWN IN YOUR JOURNAL A MORNING ROUTINE. CUSTOMIZE IT TO YOUR SCHEDULE. YOU WILL FIND AN EXAMPLE MORNING ROUTINE ON THE NEXT PAGE.

Morning Routine

8:00AM

Cook a delicious and nourishing breakfast or order healthy food.

8:30AM

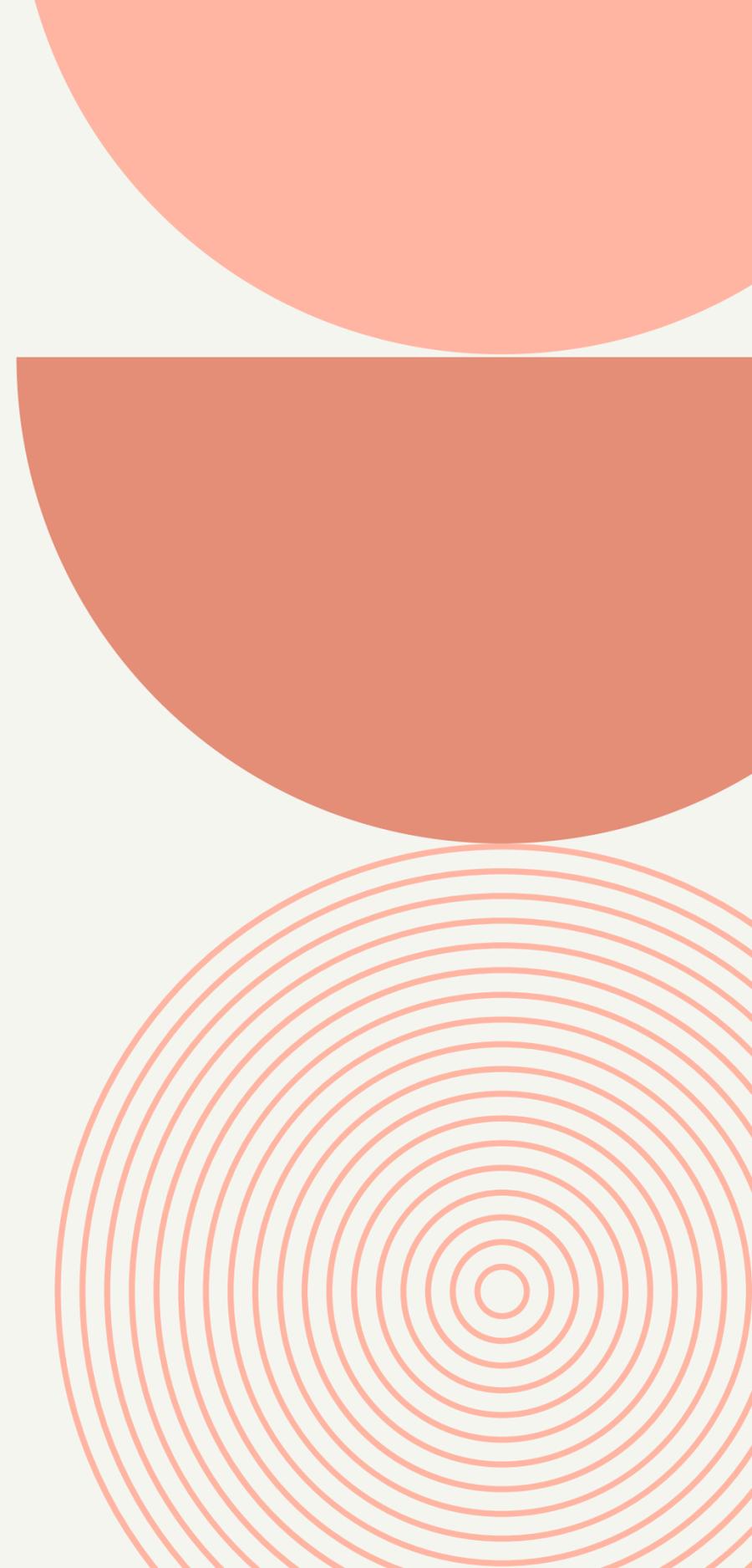
Turn off your phone and find a quiet place to meditate.

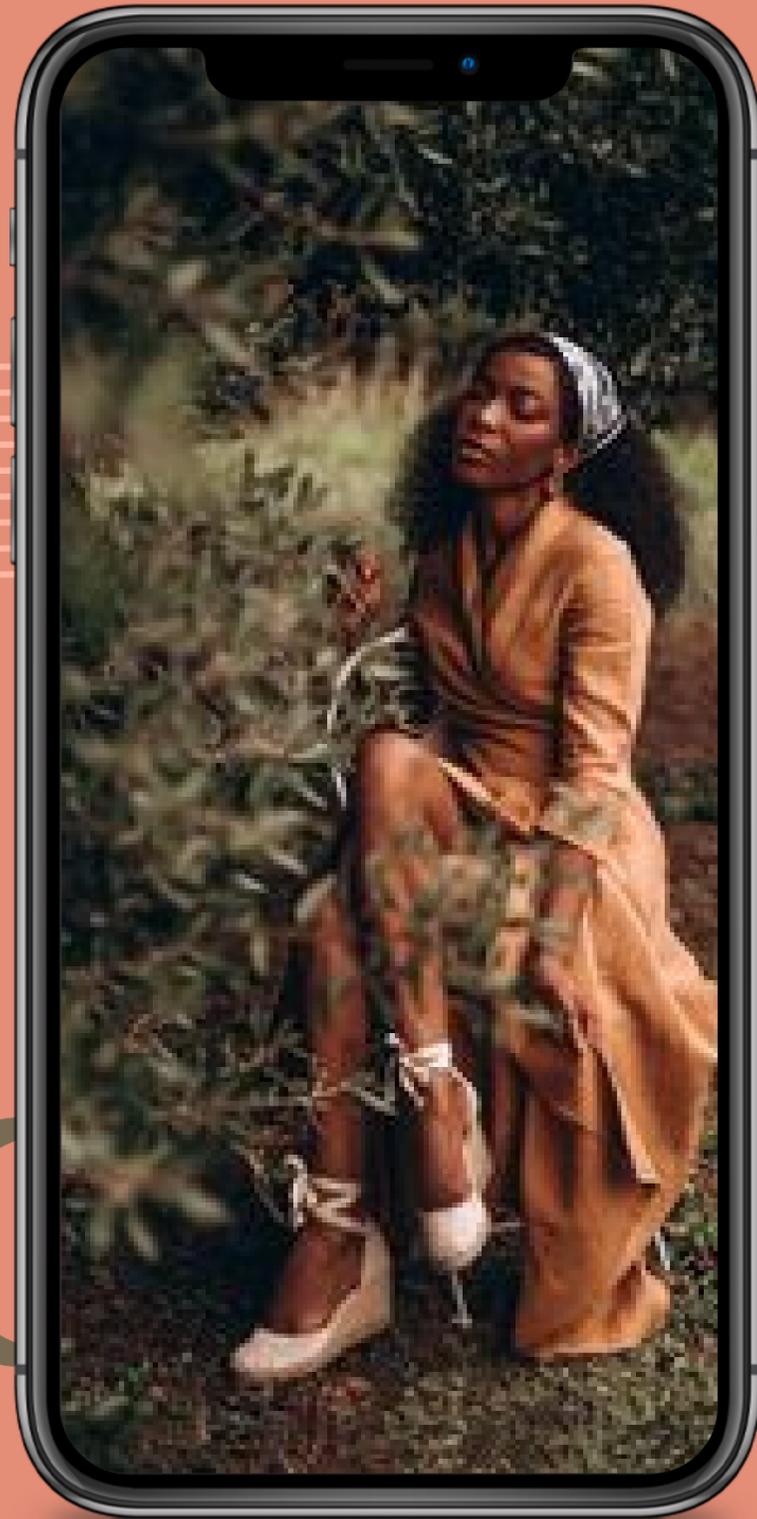
9:00AM

Journal because writing down your feelings can provide deep clarity.

9:30AM

After your mornind routine start your day. Whether its a working day at the office or a housewife day.





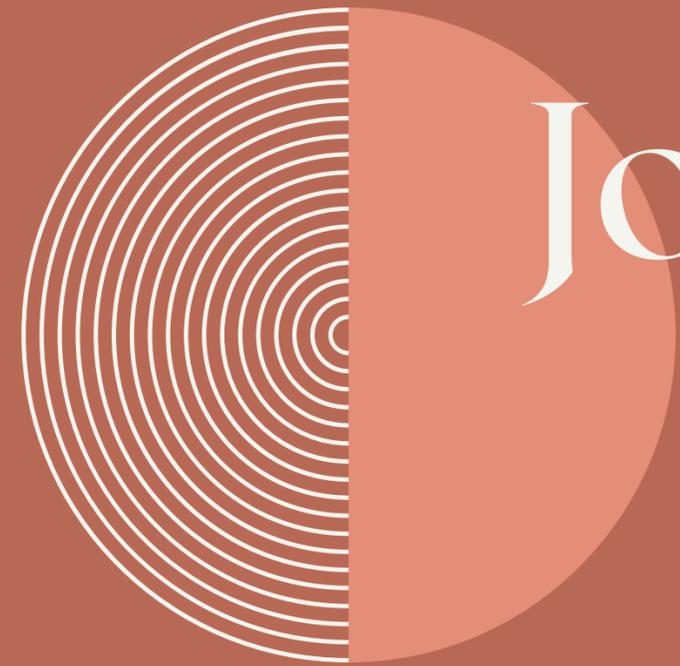
Find you peace

Find a spot in the park and layout, allow yourself to be grounded on to Earth. Allow yourself to practice self-care. Take this day to focus solely on yourself. Bring snacks with you. If you aren't able to visit Nature, Buy yourself some flowers and put them in a vase or glass jar in a space in your home where you can always see them.

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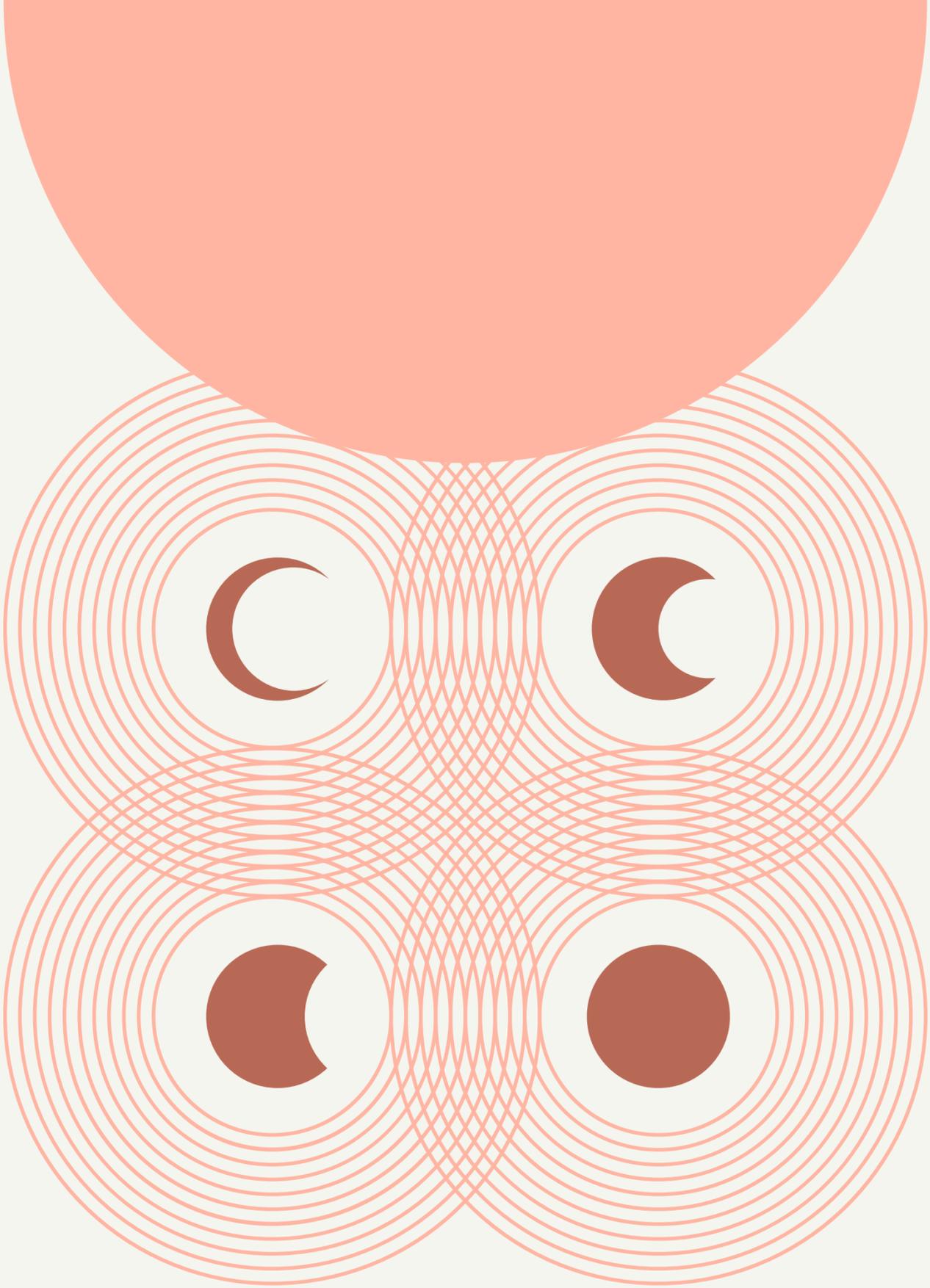
Journal Topics

BOIL A CUP OF TEA, GO INTO A QUIET ROOM BY YOURSELF, LIGHT CANDLES AROUND THE ROOM, OR USE LIGHTS OR A LIGHT DIMMER, IF NEEDED. LEAVE YOUR PHONE IN A DIFFERENT PART OF THE HOUSE. THERE YOU WILL WRITE INTENTIONAL JOURNALS WEEKLY.



Journal Assignment

This month we want you to pay attention to your triggers. Every time you are triggered by something, write down in your journal what the trigger was. Write all of your feelings down about the trigger. Does that trigger connect to anything that happened during your childhood that leads to you being triggered today? Don't censor your emotions; write everything down that you are afraid to say. Our triggers are not the fault of others; triggers are how we react to things outside of us. To heal, we have to look at all aspects of ourselves.



Journal Assignment

The most unhealthy thing someone can do is pretend that they are perfect. Lets get uncomfortable and honest. Its the only way to heal.

What are your toxic traits? How do these present themselves? How do you project these onto others?

Journal Assignment

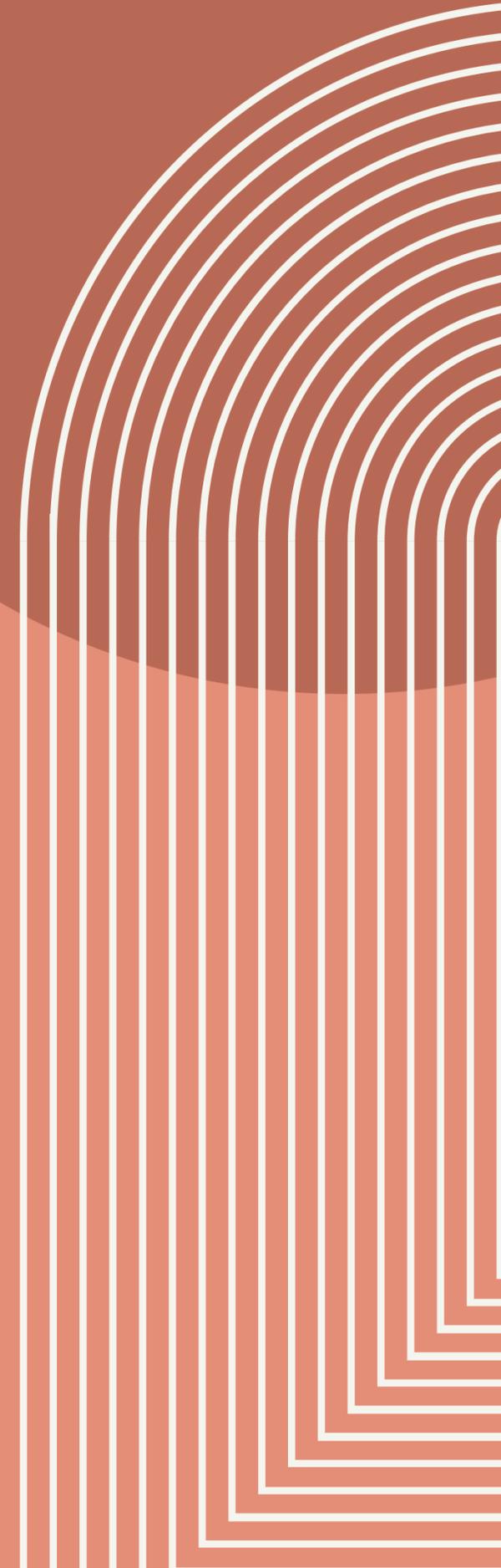
Do you form obsessive or unhealthy attachments easily? Why do you think this might be; do you have a fear of change/abandonment/rejection? Or, on the other hand, do you find it difficult to form emotional attachments; do you struggle with commitment or get restless staying in one place for a certain amount of time? Where do you think this stems from?

Journal Assignment

How did you process emotions as a child, teenager, and young adult? How do you process negative emotions now? Has this changed over time?

Journal Assignment

What situations make you feel less than or not good enough? Why do you think this is?

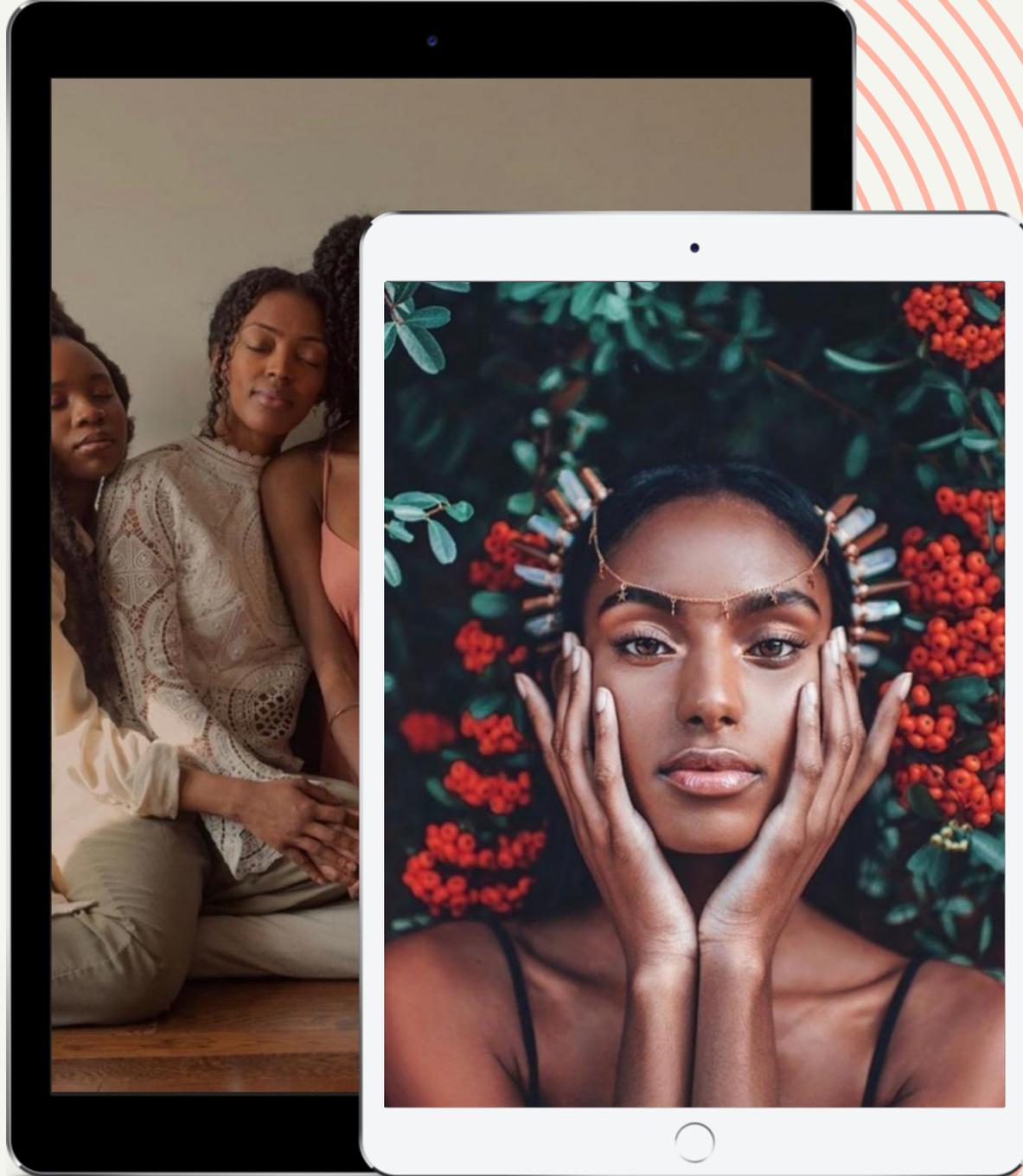




Final word

Lastly, Sisters, if you are not able to do every assignment, never judge yourself about it, honor yourself for showing up in the ways that you can with these assignments! This inner work is how we heal ourselves to become the best version of ourselves!





Rest In Your Femininity

www.blackwomenhealingretreats.com