

Book Printing Instructions

CREATED BY @MELEAHKWOOD

Step 1



PRINT
PAGES
SINGLE
SIDED

Step 2



FOLD EACH
PAGE IN
HALF
HORIZONTAL

Step 3



FOLD PAGES IN
HALF TO CREATE
BOOK. "SELF CARE
IDEAS" SHOULD BE
THE INNER PAGES

Step 4



TIME TO STAPLE

Step 5

SPREAD
THE LOVE!
SHARE
WITH
EVERYONE!!



TIP! LEAVE SOME SPACE WHEN
STAPLING SO YOU DON'T STAPLE IT
SHUT. IT WILL FLATTEN OUT AFTER
YOU FOLD IT DOWN TO STAPLE.

How to Stop Negative Thoughts

CREATED BY @MELEAHKWOOD



CHANGE YOUR BRAIN WAVES BY SPENDING 10 MINS A DAY BREATHING IN SEQUENCE. 4-7-8 BREATHING IN FOR 4 SECONDS, HOLDING THE BREATH FOR 7 SECONDS, AND EXHALING FOR 8 SECONDS.



WHEN THE NEGATIVE THOUGHT COMES UP, SAY "NOT TRUE"



VISUALIZE THE IMAGE OF THE THOUGHT SHRINKING UNTIL IT DISAPPEARS



VISUALIZE POSITIVE SITUATIONS INSTEAD, YOUR BRAIN DOESN'T KNOW WHAT'S REALITY AND WHAT'S IMAGINARY.



CHANGE YOUR PATTERN OF NEGATIVE THINKING BY ADDING A NEW ROUTINE TO YOUR THOUGHT PROCESS: DAILY REFLECTION; LOG THOUGHTS AND CHALLENGE THEM, AFFIRMATION, OR MEDITATION

1

Why Mary Kay?

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OPPORTUNITY TO EARN 50% COMMISSION



RECOGNITION



SELF-DEVELOPMENT



OPPORTUNITY TO EARN A FREE CAR



BE YOUR OWN BOSS



ADVANCEMENT. SHATTER GLASS CEILINGS.



SUCCESS ON YOUR TIME PLUS TAX DEDUCTIONS



FLEXIBILITY



FUN & FRIENDS

Ask your consultant for more details about our opportunity! 6

UNWIND • CONNECT • DETOX • MEDITATE • INDULGE



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Self Care Hour

We are Mary Kay!

WE ARE A BRAND WITH A PURPOSE. BUILT BY A WOMAN FOR WOMEN. OPPORTUNITY IS WHAT WE CREATE. BEAUTY IS WHAT WE SELL. AND HOPE IS WHAT WE GIVE BACK. WE BELIEVE IN THE EMPOWERMENT OF WOMEN. EVERYTHING WE DO IS WITH A DESIRE TO HELP THEM FEEL BEAUTIFUL INSIDE AND OUT. AND CREATE PERSONAL RELATIONSHIPS LIKE NO OTHER BRAND CAN.

Our Brand Creates

Self Care Ideas

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IT'S NOT SELFISH TO LOVE YOURSELF, TAKE CARE OF YOURSELF, AND MAKE YOUR HAPPINESS A PRIORITY. IT'S NECESSARY. - MANDY HALE

3

TAKE A RELAXING BATH

PAMPER YOURSELF

GRATITUDE JOURNAL

30 MINS OF PHYSICAL FITNESS

HAVE A COFFEE DATE WITH YOURSELF

REFRESH YOUR SPACE

SPEND TIME IN PRAYER OR MEDITATION

CALL A FRIEND

TAKE A NAP

2

She remembered who she was and the game changed.

IF THE FOLLOWING STATEMENTS DO NOT RESONATE WITH YOU ENTIRELY INSTEAD OF STARTING THE SAYING "I AM" TRY SAYING "MAY I BE" OR "I AM STRIVING TO..."
EXAMPLE: "MAY I BE HEALTHY"

AM POSITIVE | **I AM FREE**
AM RESILIENT | **I AM KIND**
AM FEARLESS | **I AM SAFE**
AM LIMITLESS | **I AM BRAVE**
AM BLESSED | **I AM WHOLE**
AM INSPIRED | **I AM SMART**
AM POWERFUL | **I AM LOVING**
AM BEAUTIFUL | **I AM STRONG**
AM GENEROUS | **I AM HAPPY**
AM CONFIDENT | **I AM WORTHY**
AM AMBITIOUS | **I AM HEALTHY**
AM SUCCESSFUL | **I AM GROWING**
AM EMPOWERED | **I AM CAPABLE**
AM COURAGEOUS | **I AM GRATEFUL**
AM UNSTOPPABLE | **I AM HEALING**

Heal in yourself

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Self Care Ideas

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CREATE THE CHANGE YOU DESIRE AND DESERVE.

4

GET 30 MINS OF SUNSHINE

TRY A NEW MAKEUP LOOK

MINDFUL SELF-COMPASSION/ BREATHING EXERCISES

CREATE AN UPLIFTING PLAYLIST & JAM

LISTEN TO A POSITIVE PODCAST

SET LIMITS FOR SCREEN TIME

SPEND TIME ON A HOBBY

READ AN UPLIFTING OR INSPIRATIONAL BOOK

DO YOUR NAILS

5

The Ultimate Self-Care & Empowering Experiences

#1 CLEANSE
THIS MULTITASKING CLEANSER WILL REMOVE COMPLEXION-DULLING IMPURITIES, LEAVES SKIN FEELING CLEAN, EXFOLIATED AND LOOKING BRIGHTER.

Wash away the stress of the day.

#2 REFINE
DRAMATICALLY IMPROVES SKIN TEXTURE. VISIBLY IMPROVES THE LOOK OF FINE LINES.

Before yourself from any negativity of the day.

#3 MASKING
THIS CHARCOAL MASK ADSORBS UP TO 200% ITS WEIGHT IN OILS AND IMPURITIES.

Create soft spoken kissable lips.
#4 EXFOLIATE & HYDRATE YOUR LIPS.
THE SUGAR SCRUB GENTLY EXFOLIATES TO SOFTEN AND SMOOTH. LIPS SATIN LIPS SHEA BUTTER BALM DEEPLY MOISTURIZES LIPS AND LEAVES LIPS FEELING NOURISHED.

Replenish yourself with positivity.
#5 PORE MINIMIZER
IMMEDIATELY MAKES PORES LOOK SMALLER. MAKES SKIN HIGH-DEFINITION-WORTHY.

Renew yourself and skin.
#6 DAY CREAM OR NIGHT CREAM
THE DAY CREAM HAS AN SPF AND WILL HELP IMPROVE THE LOOK OF FINE LINES. IT WILL MOISTURIZE FOR 12 HOURS. THE NIGHT CREAM WILL REDUCE THE LOOK OF FINE LINES AND WRINKLES. IT WILL MOISTURIZE FOR 12 HOURS.

Refresh your tired eyes.
#7 EYE CREAM
THIS EYE CREAM HELPS TO IMPROVE FATIGUE, DARK CIRCLES, UNDER EYE PURFINESS, FINE LINES, AND WRINKLES. IT WILL MOISTURIZE THE EYE AREA FOR 12 HOURS.

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