



Free
eBook



YOUR SELF-CARE GUIDE TOWARDS SUCCESSFUL LIFE

HOW PUTTING YOURSELF FIRST WILL
HELP YOU ACHIEVE MORE IN LIFE
+
PRACTICAL TIPS

By Vendula Z. ©
vendulaalive.com

WELCOME



FIRST This is your entry to a new, more satisfying life. I would like to congratulate you on reading this E-Book. By having your eyes on these words you are taking the hardest first step into a more fulfilling life.

You are starting your self-care journey, you are taking control of your life and of how you will create your future story. I am proud of you, because this first step, is the hardest one. TO START. It always has been and it always will be. But you are here, showing up for yourself and caring for YOU.

This is incredibly brave. Welcome, please make yourself comfortable and let's start. I'm excited to be writing this self-care guide for you beautiful human being.

Grab yourself your favourite mug with any enjoyable beverage in it, sit comfortably and open your heart. You matter to this word. We all do.

> Life is precious and it is meant to be enjoyed. Self-care is an important activity to do every day. By doing so, it will lead YOU towards a more enjoyable life balance and improving overall health and prosperity. <

CONTENT



03

INTRODUCTORY SECTION

05

CHAPTER 1

MENTAL & PHYSICAL SELF-CARE

06

SELF CARE & SELF CONFIDENCE

Why do we need both?

09

CHAPTER 2

HOW TO SLOW DOWN AND LOOK INWARDS.

Why act slow on purpose?

11

PRACTICE SECTION

16

THE END



ABOUT

I help people transform their lives and inspire them to find the courage to look fear in the eye and eliminate the problems that hinder them in future development.

I teach people how to work with their mind that serves them the best!

I love awakening awareness by asking you powerful questions at the right time that reveal your true potential. You are amazing as you are, and it is very fulfilling for me to lead you to it.

Contact

By email:
vendulaalive@gmail.com

IG: @alive.coaching
FB: A L I V E.coaching

By phone:
+1 604 905 9174

FUN FACTS ABOUT ME

| my name is Vendula but you can call me Vendi, Vendy or when my boyfriend makes fun of me Rendy is a possibility as well

| born and raised in the Czech Republic (proudly), well-travelled all over the places (best times of my life), found my <3 in Whistler, Canada and stayed here since (5 years)

| I'm 31 and I am very excited about this life stage and future

| I love the sun on my skin, yet snowy mountains move my heart

| spring is my favourite time of the year

| my favourite music is every music

| I am currently on this journey back home to my true self and having this desire to help people and make their life worth living!

| I have a hell of a lot to learn and I'm changing, constantly. Growing is the key.

| I used to want to be everyone else but myself. I've got so tired of that, now all I want to be is myself.

FULL STORY HERE

<https://www.vendulaalive.com/my-story>

CHAPTER I

MENTAL & PHYSICAL SELF CARE

I would love to start by introducing two types of self-care.

1) *Mental* - EXISTING ONLY IN THE MIND

-what you think, how are you talking to yourself and how you feel

2) *Physical* - YOUR BODY HEALTH AND HOW YOU LOOK

-activities that improve your physical health such as diet and exercise

So basically this divides self-care into two important groups.

I don't want to sound like Mental care is more important. What I will be explaining in this narration is that we are so used to taking care of our Physical body, because that's what we have been taught for pretty much all our life - at school, by our parents, by society etc...

..but no one really told us how important it is to take care of our inner world as well. So please don't get me wrong, I am not trying to prioritize one over the other. NO. They are both super important.

Taking care of our outer look has been a priority last century.

Not a lot of people know, that inner beauty is the key.

So they should be looked at equally, at least.

SELF CARE AND SELF CONFIDENCE

Why we need both?

Self-care and self-esteem go together and to feel better about who you are, self-care is essential.

Self-care strategies build your self-esteem because they help you to love yourself more.

It's time to make a change. It's time to focus on more self-care to boost our confidence levels. We owe it to ourselves to be more confident and sure of ourselves in all walks of life. Don't we?

These strategies will put you on a path to a happy and more confident life where you balance the responsibilities you have to others.

Too many of us put others first.

Let's see how it feels to be the number one. Set boundaries!

"Self-care and self-esteem are not selfish aims, they are your right."



Here are 4 self-care strategies that you need to follow to become more confident.

HOW TO START PUTTING YOURSELF FIRST.

1| Create better boundaries.

Work on teaching others around you how to respect your boundaries and why it is important. Don't give up if it doesn't happen straight away, work on it with them. Tell them how you feel when they don't respect your boundaries, they can't argue with how you feel.

2| Be more assertive

We are often guilty of assuming our other halves know (or should know!) what it is we want/need. Although there may be the odd Derren Brown out there, our loved ones can't read our minds, so we need to communicate better. Tell them what it is you want or need and how they might help you to achieve that.

3| Stop being a people pleaser

If you are a people pleaser, you must learn to say no. The bad news is if you've been a people pleaser all your life then saying no will make you feel guilty.

4| Cut ties with toxic people

Toxic people suck the life out of other people. So if you have any in your life find a way to distance yourself from them. Sadly those toxic people are often family, but that doesn't mean you have to let them drag you down. Find a way to at least minimize exposure. You can not fix toxic people no matter how much you love them.

.

.

.

> > > I want you to start believing that you are not only worthy of self-care but that you are worthy of happiness. That may feel uncomfortable to you at first.

Pleasure in its simplest form is a feeling of happy satisfaction and enjoyment.

Life is so short that we should include as much fun into it as possible.



HOW TO BOOST CONFIDENCE

FACE ONE OF YOUR FEARS

I remember facing one of mine, closer to 3 years ago. We had a staff party at work and I won a Ziptrek ticket for 2. I was stoked but I wasn't sure I will actually do it. It took me like a year but when I finally determined and booked us in I still wasn't sure if I'll "jump" (you're not even jumping, you just kind of pick up your legs and let loose :D)

THE SASQUATCH - longest Zipline in Whistler, all of Canada and the USA!

Here is a video if you'd like to check me out enjoying this adventure and most likely overcoming my fear.

<https://www.facebook.com/vendula.zatloukalova/videos/10211877968526808>

EMBRACE YOUR CREATIVITY

We are all creative people, but life has pushed that out of us. This could be through the form of dance, writing, or artwork. We all have something that we're naturally good at, even if we don't realize it.

As you allow your creativity and imagination to come to life, you can face your subconscious fears.

You're able to work on the reasons for your lack of confidence.

If someone told me that I would be writing an Ebook, or creating a website for myself just a few months ago I would probably just laugh at this idea and be thinking " yeah, right"! And in English? Pfff.

And look, I had no idea I have some creativity in me at all. But here we go, as you are reading these rows, I did it!

You can do whatever you wish. Do yourself a huge favour and trust. Boosting your confidence levels starts with you. Only you can improve the way you feel about yourself, and that is more than just telling yourself to be happy.

You need to help your mind repair and unwind, especially if you don't look after yourself that often. And just by reading this, you are doing it!

CHAPTER 2

HOW TO SLOW DOWN AND LOOK INWARDS

WHY IT HAS A BIG IMPACT ON YOUR INSIDE WORLD.

Because once slowed down, you are starting to be more conscious, and to be more conscious about life is what we want.

That is going to help you appreciate those little things you wouldn't notice otherwise.

By noticing those little things, we learn to appreciate life and by appreciating our life, we are creating gratitude.

Having positive gratitude about life is what builds up your happiness.

You will also be able to catch the negative thoughts before reacting to them and YOU can decide if you are going to believe what your mind is unconsciously creating or if you will pass.

By passing, you are starting to take a lead in what thoughts are the ones worth reacting to.

The ones who deserve your full attention. You won't be a slave of your mind anymore, you will become a creator.

This is what we want. This is our life, we have been so fortunate to experience and we want to get the best possible outcome! Don't we?

In my personal life, my boyfriend tends to tell me that I am very slow (lol) but I'll tell you a secret. I act slow on purpose. Because getting swept up by my busy mind is an everyday situation but would I slow down without wanting to? I would not.

WHY ACT SLOW ON PURPOSE?

When I act slow, I have time to go over my thoughts before I say something stupid, I am more organized, my heart lives in peace and I don't feel constantly rushed.

And by being "slow" you will get more done. Sounds weird, doesn't it? Imagine, when you are working on something and your head is clear, you feel calm on the inside and you are not making any mistakes. Because mistakes appear when your work is lead by a stressful mind.

I would keep my life driven at the highest speed and my life would slip through my fingers because I would be too busy running after my responsibilities and I wouldn't even realize what was happening.

I wouldn't realize that making myself a cup of coffee could be such a satisfying duty. Step by step, slowly and consciously. I know, this might sound silly while you are reading this, but try it. The whole process and the final part when you pour this gorgeous smelling, freshly boiled coffee into your favourite cup.

This can be applied to anything. My example of making a pot of coffee is just my thing, and I remember this for one single reason and that's when I learnt how to slow down. That's how I learnt.

Practice

ASKING YOURSELF POWERFUL QUESTIONS & JOURNALING



QUESTIONS!

This is tool number one you want to include in your looking inwards practice.

Ask yourself questions, all the time they are the key to finding out more about yourself.

They will lead you to your AHA moments when answered honestly.

Here are some of my favourite:

HOW DO I REALLY FEEL?

WHAT DO I NEED TODAY?

WHAT DO I NEED TO ACCEPT THIS SITUATION?

TYPES OF SELF-CARE



SENSORY

When you think about practicing sensory self-care, consider all of your senses: touch, smell, sound, and sight.

- Cuddling up under a soft blanket.
- Going to the countryside and focusing on the smell of the air.
- Watching the flames of a candle or a fire.
- Feeling the water on your skin during a hot bath or shower.
- Focusing on the movements of your own breathing.

EMOTIONAL

Remember that emotions are not “good” or “bad” in themselves. only how you behave in response to them.

- Keep a daily journal, and be totally honest about your feelings.
- See a therapist, even if it’s just for 8-10 sessions of general personal development.
- Deliberately encourage yourself to laugh with old memories or funny videos.

TYPES OF SELF-CARE



PHYSICAL

- Dance to your favourite songs
- Do yoga. Even if you've never tried it, there are poses that are perfect for beginners.
- Join a class and learn a new sport.

>remember that physical self-care is as much about the things you don't do as the things you do! So:

- Say "no" to invitations when you're simply too tired to enjoy them.
- Don't push yourself to do your exercise routine when you're run down or unwell.
- Commit to 7-9 hours of sleep per night, barring exceptional circumstances

SOCIAL

Social self-care isn't about just doing things with others for the sake of it, but about choosing to do things with people who really make you feel good.

- Make a date to have lunch or dinner with a great friend.
- Write an email to someone who lives far away, but whom you miss.
- Reach out to someone you like but haven't seen in a while.

Seven days of boosting your self-confidence - Weekly planner

Each day, write down answers to these 3 questions and watch how does it make you feel.

1. *What brought me joy today?*
2. *What I am grateful for today?*
- 3 *What did I do great today?*

SUNDAY:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

NOTE:

|| AN EMPTY LANTERN PROVIDES NO LIGHT.
SELF-CARE IS THE FUEL THAT ALLOWS YOUR
LIGHT TO SHINE BRIGHTLY. ||

Thank you, kindly for reading my
eBook YOUR SELF-CARE GUIDE
TOWARDS SUCCESSFUL LIFE
until the end.

I believe that the information
above will be useful for your life
adventure and that this will put you
a bit closer towards your happier
life.

I believe that everything starts with
ourselves. And especially at the
moment when we decide, we want
more, and we believe we deserve
better.

Master your life WORKBOOK for
you to continue growing will be
launching soon. This will be based
on the real facts I've learnt so far
plus juicy tools for you to live the
beautiful life you deserve.

STAY TUNED!

Self-care and self-love is your first
step. You can start right away.. It is
never too late.

Any time you stand by the mirror
look into your eyes and ask yourself
What do I need today? and just
listen.

The inner child inside of us wants
to tell you everything. We just
learnt to shut it down. Now it's the
time to bring it to life again.
Because that is real you.



Vendula > Alive

BONUS: How does FEAR works?

https://www.youtube.com/watch?v=sb2YOg_dkQM