

A hand is shown from the wrist up, covered in a thick layer of dark brown coffee grounds. The hand is positioned diagonally across the frame. To the right of the hand is a small glass bowl filled with more coffee grounds. In the bottom right corner, there is a pile of whole coffee beans. In the top left corner, there are a few green leaves. The background is a plain white surface.

June Motivation

BECAUSE WE ALL DESERVE
A GORGEOUS LIFE

Let's Journal Together

Reflect on your current self-care practices. Make a list of all the activities you engage in with the intention of self-care. Then ask yourself - which of these practices truly nourish you on a deep level? Which ones feel more like obligations or checklist items? Be honest with yourself.

1

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This image shows a blank sheet of white paper with horizontal blue ruling lines. A large, thick pink arrow is positioned on the left side, pointing upwards from the bottom towards the top of the page. The arrow's tail is near the bottom edge, and its head points towards the top edge, spanning across several of the horizontal lines. The rest of the page is empty except for the ruling lines.

2

A large, stylized pink number '2' is positioned in the top left corner of the page. The background is white and features horizontal lines for writing, with a light blue shaded area at the top.

Let's Journal Together

Make a list of simple pleasures and activities that don't seem "productive" but allowing yourself to indulge in them makes you feel alive and whole. Commit to doing at least one this week.

3



Let's Journal

What is one baby step you can take to practice self-care that makes sense to you just the "accidental" way?

A close-up photograph of a hand holding a small, clear glass dish filled with dark, granular coffee grounds. The hand is positioned at the top of the frame, with fingers visible. Below the dish, several whole, dark brown coffee beans are scattered on a plain white surface. The lighting is bright, highlighting the texture of the grounds and the smooth surface of the beans.



4

Let's Journal Together

What gets in the way of you eating in alignment with your values and what's best for your body? Barriers could be anything from emotions, habits, convenience etc. Once identified, brainstorm ways to overcome at least one barrier this week.

5



join me ...

The JUNE Cookbook Club!



let's make cooking joyful this year



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