



JOURNALING

FOR SELF-CARE



WORKBOOK

K YANGCHEN

Welcome!

This Self-Care Workbook is designed to help you slow down, reconnect with yourself, and prioritise your well-being. Through simple reflections, mindful exercises, and gentle practices, you'll cultivate balance, inner peace, and healthy self-care habits—one page at a time.

This workbook is perfect for anyone beginning or deepening their self-care journey, including those looking to reduce stress, improve emotional well-being, cultivate mindfulness, and create a more intentional, peaceful life.

May these pages inspire you to pause, reflect, and remember that caring for yourself is not a luxury—it is an essential part of living a healthy, balanced, and fulfilling life.

K Yangchen



ABOUT ME

Hi, I'm Konchok Yangchen, founder of Zen Oasis Wellness Center. As an intuitive healer, psychic medium, oracle reader, and holistic counsellor, I am passionate about helping people reconnect with themselves through guidance, healing, and mindful living. My intention is to create a safe, compassionate space where you can find clarity, inner peace, and support on your personal journey of growth and transformation.

JOURNALING PROMPTS

What makes you feel powerful?

What makes you feel in control?

What makes you feel in control?

JOURNALING PROMPTS

How do you physically feel at this moment?

Write down all of your goals for the next year, big or small.

Write down all aspects of the perfect "you day".

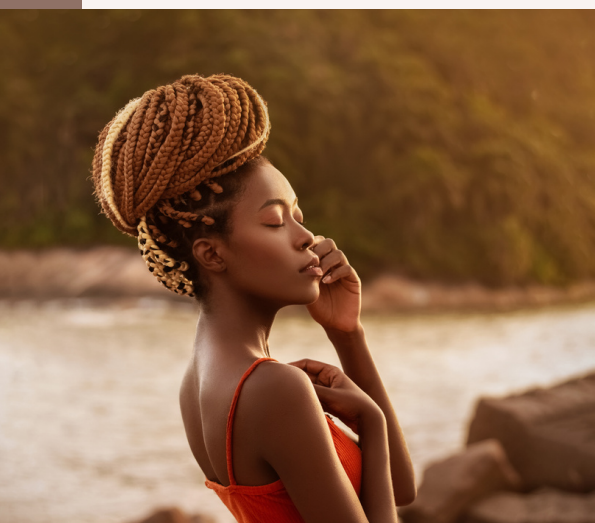
JOURNALING PROMPTS

Write a Letter To Your Greatest Fear



WANNA LEARN MORE?

Your journey to self-care begins here. Filled with gentle reflections, practical exercises, and uplifting prompts, this workbook encourages you to reconnect with yourself and prioritize your well-being every day..



To see if we can work together, find a path that works for your unique situation,

Click on the button below to apply for a free consultation using the link below.

SCHEDULE A FREE CALL