







# Instructions.

Refracted is designed to allow you to prioritise self care on a daily basis and to deepen your understanding of yourself. It is divided into three different sections, each with it's own symbol. We've also included a handy guide on what cards to use depending on how you feel.

## Tasks



Great for:

- de-stressing
- unwinding
- relaxation

## Questions



Great for:

- clarity
- answers
- empathy

## Quotes



Great for:

- inspiration
- motivation
- journalling

This is only a recommendation. Use the cards as and how you see fit. They have been designed to help you prioritise yourself, instilling self love and relaxation in a world that only ever seems to go faster. How you use them is up to you.

&



## Grounding.

Step outside. Close your eyes.  
Listen to your breathing.

Breath in (1,2,3,4,5) & slowly  
breathe out (1,2,3,4,5,6,7)  
Repeat x 3.

Follow with a hot cup of tea.

&



## Dance.

Put on your favourite playlist.  
Dance your heart out.

&

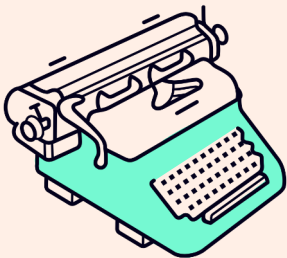


## Luxuriate.

Run a bath/shower. Put on some slow jams & a face mask.

Exfoliate. Contemplate. Luxuriate. Your body carries you through the day, take care of it.

&



## Advise.

Grab a notebook or a sheet of A4 paper, or a typewriter if you're the type (pardon the pun.)

Write a letter to your past self when you needed it the most.

&



## Listen.

Grab your shoes and go for a walk.  
But leave your headphones behind.  
Listen to nature. To the earth.  
Breathe it all in.

&



**Read.**

What book brings you to tears  
with joy? Grab it. Read it again.





## Rituals.

What little rituals can you incorporate into your day as self care?

i.e. making tea and getting back into bed with a book 30 minutes before you get up.

Or doing a three page brain dump in the morning before you pick up your phone.



## Affirmations.

Grab your journal. What three things do you want to be? Think of adjectives like "capable, powerful, worthy" etc

Write these as affirmations.

e.g "I am worthy." Dedicate a full page to this. Add three more whenever you feel like you need to.

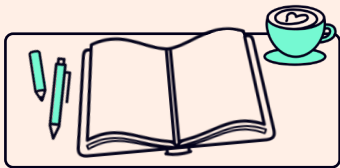


## Soul Food.

What comfort food have you been craving? Get yourself some.

Whether that means buying it or baking it or ordering it for delivery.

Feed your soul.

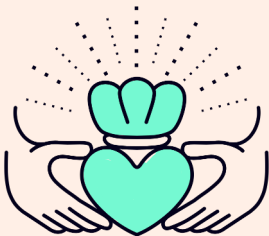


## Prepare.

Buy yourself a good planner  
(if you don't already own one!)

Dedicate 15-30 minutes before  
bed each night planning your day.

Leave reminders, track sleep or  
water intake, use it however you  
need to.



## Gratitude.

Leave your journal by your bed before you go to sleep.

In the morning, pick it up and write a list of everything and everyone you're grateful for.

No person or thing is too important or insignificant to mention.



## Remind.

Picture the people whose love and support has gotten you through tough times.

Write a letter. Send a text. Give them a call. Let them know how loved they are.

?

*Who are you  
lying to?*

?

*What are you  
most afraid of?*



?

*If failure didn't  
exist, what  
would you do?*

?

*What helps?  
What hinders?*

?

*What do you  
burn for?*

?

*What gives you  
hope?*

?

*What's it gonna  
be?*

?

*What gets you out  
of bed in the  
morning?*

?

*Where is your  
happy place?*

?

*Why are you  
angry?*



?

*What defines  
love?*

?

*What would you  
say if there were  
no consequences?*

*Why haven't  
you said it?*

?

*What defines you?  
What makes you  
who you are?*

?

*What reminds  
you you're alive?*

?

*Who would you  
like to thank?*

?

*What secrets  
are you keeping?*

?

*Are you ready?*

?

*Who are you,  
really?*



“”

“Transformation  
is 3/4 fantasy,  
1/4 reality.”

- *Co-Star.*

“ ”

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.”

– *Marianne Williamson.*

“ ”

“Stay afraid,  
but do it anyway.”

– *Carrie Fisher.*

“”

**“You can't use up  
creativity. The more  
you use, the more  
you have.”**

*- Maya Angelou.*

“”

**“You don't always  
have to be doing  
something. You  
can just be, and  
that's plenty.”**

*- Alice Walker.*

“”

“I don't believe  
in love. But I  
believe in you.”

- *Tracey Emin.*

“”

**“A comfort zone is  
a beautiful place.  
But nothing grows  
there.”**

*– Gina Milicia.*

“ ”

**“You alone are  
enough. You have  
nothing to prove  
to anybody.”**

*- Maya Angelou.*



“ ”

**“A ship is safe in  
harbour, but that’s  
not what ships  
are for.”**

*— William G.T. Shedd.*

“”

**“Integrity is doing  
the right thing, even  
when no one is  
watching.”**

*– C.S. Lewis.*

“ ”

“It is never too late to be what you might have been.”

— *George Eliot.*”

“ ”

“The most important things are difficult to say because words diminish them.”

– *Stephen King.*

“ ”

“Education is  
not the filling of  
a pail, but the  
lighting of a  
fire.”

– *W.B. Yeats.*

“ ”

**“Remembering that  
you are going to die is  
the best way I know to  
avoid the trap of  
thinking you have  
something to lose.”**

*- Steve Jobs.*

“ ”

**“Maybe the greatest  
power of all is the  
power of restraint.”**

*- Craig D. Lounsborough.*

“ ”

**“I don't know what  
frightens me more.  
The power that crushes  
us, or our endless  
ability to endure it.”**

*- Gregory David Roberts.*



“ ”

**“Don't confuse  
comfort with  
happiness.”**

*- Dean Karnazes.*

“”

“Every moment is  
a fresh beginning.”

- *T.S Eliot.*

“”

“Normality is a paved road: it's comfortable to walk, but no flowers grow.”

– *Vincent Van Gogh.*

“”

**“Turn your wounds  
into wisdom.”**

*– Oprah Winfrey.*

“”

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live it's whole life believing it is stupid.”

— *Albert Einstein.*

“ ”

**“You don't need luck.  
You are powerful,  
clever and fearless.”**

*– Shannon Hale.*

“”

“We rise by  
lifting others.”

— *Germany Kent.*

“”

“She was powerful  
enough to kill, but  
she could also  
grow flowers.”

— *Becky Allen.*