Embraceable Me

A FREE GUIDE FROM DR. IMANI PRICE

The CARESS® Starter Guide

Six sacred practices to move you from self-sacrifice to self-love, and to make that love the way you live.

DR. IMANI PRICE · FOUNDER
THEEMBRACEABLE.COM

WELCOME, QUEEN

You Cannot Pour From an Empty Cup

If you are holding this guide, some part of you is ready to stop coming last on your own list. That readiness is where self-love begins.

For years I watched the women in my practice give everything they had to everyone around them, and quietly run dry. The truth I offer each of them is simple. Caring for yourself is not selfish. It is the foundation everything else in your life is built upon. When you embrace yourself fully, you do not love others less. You love everyone better.

CARESS® is the framework I created to turn that care into a practice instead of a wish. There is one pillar for each letter: Compassion for yourself, Acceptance of yourself, Rest, Eating Well and Exercise, Social Connections, and Strategic Self-Care. This starter guide gives you a taste of each one, with journal prompts and a small practice you can begin today.

Writing is one of the most direct routes back to yourself, so keep a journal close as you move through these pages. There is no rush. Take one pillar at a time.

What You Will Need

- A journal or notebook you love to write in
- Index cards or sticky notes for your affirmations, placed where you will see them

♕

With love, Dr. Imani Price

FOUNDER, EMBRACEABLE ME™

PILLAR ONE

C Compassion *(self)*

Showing yourself compassion starts with what I call *giving yourself grace*. Picture someone you love being treated unkindly. You would step in without a second thought. You deserve that same protection from your own inner voice. You are more than the things that have happened to you. You are not only a survivor, you are a woman capable of many more beautiful things.

REFLECT IN YOUR JOURNAL

- ✧ What is one thing about yourself that you genuinely like?
- ✧ Complete this sentence. I am worthy because . . .
- ✧ I am not what happened to me because . . .
- ✧ What would I say to a dear friend who was carrying what I carry?
- ✧ One thing I am most proud of is . . .

YOUR PRACTICE

Write ten to fifteen self-love affirmations on index cards and place them where you will see them, on the mirror, the refrigerator, your screen. Say them daily. When the inner critic grows loud, return to this quiet line: may I be happy, may I be healthy, may I be safe, may I live with ease.

PILLAR TWO

A Acceptance *(self)*

Acceptance is the moment you become the *author of your story* instead of the canvas other people paint on. What others say about you matters far less than what you say about yourself. You get to acknowledge your past, keep what is true, and lovingly rewrite the rest. The girl you once were still lives inside you. Let her be seen.

REFLECT IN YOUR JOURNAL

- What are five adjectives that define you as you are right now?
- What are two things from your past you are ready to set down today?
- Whose voice do you hear when you think something unkind about yourself?
- What are you willing to own, and to rewrite, about your story?
- Who is your best future self, and how did she get there?

YOUR PRACTICE

Write a love letter to yourself. Address it to your own name, or to My Dearest. Name your strengths, your resilience, and the qualities that make you who you are. Celebrate your wins, big and small. Close with a promise to treat yourself with kindness, and sign it: forever your biggest supporter.

PILLAR THREE

R Rest

Every queen needs a throne. Choose one chair or cushion in your home that is only for being, never for working. This is where you journal, breathe, dream, and simply sit with yourself. *Rest is not what you earn after the work is done.* Rest is how you refill the cup so that there is something to pour from. Protect your quiet time the way you would protect anything precious.

REFLECT IN YOUR JOURNAL

- ✧ Where is your throne, the spot that is only for you?
- ✧ I feel most rested and restored when I . . .
- ✧ The best way for me to relieve stress is to . . .
- ✧ What do I need more of, and less of, to feel at peace?

YOUR PRACTICE

Give yourself ten unhurried minutes today. Find a quiet place, let your mind wander toward whatever brings you joy, and simply be. Aim for seven to nine hours of sleep, and build one calming ritual into your evening, whether a warm bath, slow breathing, or a gentle walk.

PILLAR FOUR

E Eating Well & Exercise

Nourishing your body is one of the loveliest ways to tell yourself that you matter. Choose food that truly fuels you, fresh produce, lean protein, smaller meals through the day, and plenty of water. *Then add movement you enjoy.* For me it is a morning workout. It sets the tone for my whole day, and it shows my son what loving yourself looks like in real time. Your version might be a walk, a dance in the kitchen, gentle yoga, or a good stretch.

REFLECT IN YOUR JOURNAL

- My favorite ways to nourish my body include . . .
- When do I reach for food to fill a void rather than to fuel myself?
- The kind of movement I find most enjoyable and rejuvenating is . . .

YOUR PRACTICE

Eat something green every day this week, and keep water within reach. Then choose one kind of movement you actually enjoy and do it most days. Even a brisk thirty minute walk counts. Small and steady is what wins here, not perfection.

PILLAR FIVE

S Social Connections

We teach people how to treat us. Look honestly at the circle around you and ask one question: *who feeds into me, and who only needs something from me?* Protect your peace. Spend more time with the people who inspire you and share your values, and give limited access to the ones who dim your light. You do not have to do the hard work of becoming alone. Activate your support.

REFLECT IN YOUR JOURNAL

- ✧ Who are three people you could trust with the unedited version of your story?
- ✧ Who feeds into me, and who only needs something from me?
- ✧ Who do I feel obligated to care for who could truly carry it themselves?
- ✧ The relationships that give me the most energy and joy are with . . .

YOUR PRACTICE

Name three people who can be your support, and two things you could ask of each one. Then reach out to a single one of them this week. Asking for support is not weakness. It is how queens keep their crowns on straight.

PILLAR SIX

S Strategic Self-Care

Self-care is not a luxury, and it is not just for other people. It is the active work of protecting your physical, mental, emotional, and spiritual health, and it is your responsibility. Much of it comes down to a loving, well-placed no. *Every time you say yes to something that crosses your values, you say no to yourself.* Decide your boundaries on purpose, then put your care on the calendar like the appointment it is.

REFLECT IN YOUR JOURNAL

- ✧ List your top ten values, so you can recognize a request that crosses one.
- ✧ What is the last thing you said yes to that you should have declined, and why?
- ✧ What are three kind, loving ways you can say no?
- ✧ I demonstrate self-love by . . .

YOUR PRACTICE · MAKE A SELF-LOVE PLAN

Build one plan for the week and one for the month. Then say no to a single thing this week that you would normally agree to out of habit, and notice how it feels to choose yourself. Begin with any of these ten small habits:

- ○ Go for a walk or light jog
- ○ Take a break when you need it
- ○ Laugh heartily once a day
- ○ Notice emotional eating
- ○ Learn to say no
- ○ Breathe deeply for five minutes
- ○ Choose who you spend time with
- ○ Eat something green daily
- ○ Start a journal
- ○ Stop overthinking

Embraceable Me

This Is the Beginning of Your Reign

You have just met all six pillars of the CARESS® Method. You do not have to master them at once. Choose the pillar that called to you most, and begin there. Self-love starts with the self, one compassionate step at a time.

When you are ready to go deeper, the full journey lives inside The Embraceable Me™ Experience, a self-paced course with video lessons, a workbook, and a guided meditation for every pillar. You can also return to yourself anytime with the free CARESS® Meditation Series.

BEGIN AT THEEMBRACEABLE.COM

This guide is for education and encouragement and is not a substitute for therapy. If you are struggling, please reach out to a licensed professional you trust. In the United States, you can call or text 988 at any time to reach the Suicide and Crisis Lifeline.

© 2026 EMBRACEABLE ME™ · CROWNED IN SELF-LOVE