



# Nurturing Your *Artistic Self*

A 30-Day Guide  
to Self-Care and Compassion  
for Higher Creativity and Artistic Joy

[www.gokcekutsal.com](http://www.gokcekutsal.com)



# *Welcome!*

As a musician, self-love brings you inner peace and the confidence to live in alignment to what is best for you. Many of us easily show love and compassion to others, but are hard on ourselves. My mission is to expand your self-worth and it starts with this self-care guide.

For the next 30 days, you will be prompted with 1 self-care action per day. If you feel called to do so, you may rearrange the order of the 30 self-care actions. At the end of 30 days, you will have a clear idea of self-caring actions which you may wish to continue for months ahead.

Starting new habits and changing your way of life is not always easy. I am here to affirm you that you are free to postpone or even skip activities which do not resonate with you at this moment.

I am honoured to go through this fulfilling self-care journey with you. I wish you all the best and may you have a life-changing month ahead.

*Gökce*

# Nurturing Your Artistic Self

## DAY 1

### Be with positive people

Think of 3 people in your life who lift your mood, make you feel inspired and are supportive of your endeavours. Consciously plan to meet or communicate with them more often. Schedule a coffee meetup or chat with one of them today.

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## DAY 2

### 30 minutes of 'me-time'

Your best ideas and solutions come to mind when you sometimes spend time in solitude. Allocate 30-60 minutes of solitude time today. Take a long walk, sit in a park or spend time with yourself alone at home. One rule though: you have to be free of tech devices. You will notice solutions to problems or inspired actions pop into your mind.

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## DAY 3

### Get inspired

Today is time for you to feel optimistic and inspired about your goals. Choose an uplifting podcast or audiobook to listen to. If you prefer visuals, read motivating articles or stream motivating videos on Youtube. It is best if you can make this a daily habit — set aside 10-20 minutes of time to get inspired everyday.

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### DAY 4

## Eat 1 healthy meal today

If you are consistent about clean eating, good for you! If you need help in this area, you can start by eating 1 healthy meal a day. Choose food that you believe to be nourishing for you.

If you are ready to make this an everyday habit, you will feel more alert and energised in your day-to-day life.

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### DAY 5

## Notice your negative thoughts

This is easier said than done, but you can start small today. Pinpoint 1 negative thought which you want to change. Notice yourself having the thought, rather than believing it instantly. Ask yourself, "Is this thought 100% true? Can I focus on something that matters to me when this unhelpful thought arises?"

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## DAY 6

### Practice being present

The present moment is all we have right now. Instead of looking forward to the future, how about being thankful for the beauty of 'right now'?

You can also be present whilst washing the dishes, meditating, journaling or doing enjoyable activities which do not require tech devices. Being present helps you make good decisions everyday.



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### DAY 7

## Meditate to reduce overthinking

Meditating helps to keep your thoughts under control. It calms you, gives you perspective and you feel more alert after that. You can get wonderful guided meditations for free on YouTube. Set aside time to meditate for as long as you like, today. *Pro tip: choose a guided meditation which you feel particularly drawn to.*

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## DAY 8

### Simplify your social circle

Today, you will be taking note of friends who 1) want you to succeed 2) celebrate your 'wins' 3) coax you to do better without losing your identity. Who are these lovely people in your life? You may be surprised to realise that not many people fit this criteria. Make a mental note of who they are, and appreciate them today.

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## DAY 9

### Say 'No' and set healthy boundaries

Is there something you keep doing even though you hate doing it? Strategise how you can say 'no' to such activities politely. Or arrange for alternatives to make those disliked activities more likeable. If you suspect that someone is taking advantage of your kindness, today is time to plan how to say 'no' without hurting the relationship.

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### DAY 10

### 3 things you love about your physical beauty

Is there something you appreciate about your physical beauty? Your expressive eyes, your clear skin or perhaps your genuine smile? If you look hard enough, you can find 3-5 areas of your body which you love. Take note of them and appreciate your physical beauty today (in fact, everyday!).

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DAY 11

**Stop comparing  
yourself today**

If your friends are in your dream roles and you are not, it's hard not to feel your stomach clench when they talk of their jobs. Is there an area in life which you always compare yourself against other people? Does this mean you want more of *'that thing'* in your life? What can you do to get *'that thing'*? Brainstorm your ideas and write them down.

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DAY 12

## Celebrate your inner beauty

You possess beautiful qualities which can create positive change. What are those qualities? Jot down at least 10 of those wonderful qualities that you have. *Write spontaneously without censoring yourself & keep this list private if you wish.* What can you do to enhance and use these 10 life-changing qualities to benefit the world or people around you?

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DAY 13

### Celebrate small wins today

It's common for us to remember things that have gone wrong in our lives but forget things which have gone right. Today, let's celebrate small wins. Write 3 small wins or successes which make you feel satisfied, happy or proud of yourself today. *For ex: If you are trying to practice regularly and managed to get in 5 minutes today, it's a win!*

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DAY 14

## Respect your own wants

Many of us are easily influenced by other people's views. If you notice that your decisions are always swayed by other people's input, it's time to respect your own voice today. Is there something 'off the beaten path' which you would like to do? What is it? What is holding you back? What is one *small* step you can take to pursue it? Write it down!



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DAY 15

### Forgive and be kind to yourself

We can be kind with other people but very hard on ourselves. Have you done something which you are not at peace with? Be compassionate with yourself about it. Dig deep & ask: *Why did I do 'that' in the first place? Was I driven by fear, anxiety or lack of knowledge? If my best friend did the same thing, what would I do to be understanding towards them?*

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DAY 16

**Choose positive  
thoughts & feel good**

Positive thoughts are thoughts which support you and your goals. Choose thoughts which make you feel good. Use your feelings as a compass — if you feel upbeat and optimistic, it means the thoughts you have in your mind have a positive effect on you. Your task today is to make yourself feel good as much as you can.

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DAY 17

## Start changing an unhelpful belief

Changing beliefs takes time because they have been ingrained in us for possibly decades. You can start by identifying one core negative belief which you want to change, such as 'others are always better than me'. Next, find evidence to 'shoot holes' and disprove this negative belief. This helps you to start questioning if your unhelpful belief is true.

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DAY 18

### Create an exciting goal to empower yourself

Nothing makes a goal more real than writing it down. I'm sure there is at least ONE thing you are burning to achieve by the end of this year or within these few months. What is it? Your goal has to bring up feelings of excitement within you. At the same time, it has to be *believable* to you. Write down 1 exciting and believable goal to work on.

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DAY 19

### Say good things only

Positive words hold positive energy. For today, try as much as you can to only say positive things. Instead of looking at a difficult rep and saying "*can't do this*", say "I will try this in the future if I still like it then!" Instead of "*Why do I always make mistakes when I practice?*", say "I'm still in the process of learning." — you get the idea.

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DAY 20

### Create a life-changing reminder

Reminders work because when you see an important goal repeatedly, your mind finds it easier to take actions towards it. Create a reminder of a goal which feels good and expansive to you. It's best to place it where you can see it multiple times a day. Keep it there for 30 days (or more).

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## DAY 21

### Visualise what you want & bring it closer to you

Close your eyes and vividly visualise what you want. Engage in all of your 5 senses where possible. Do this for at least 2 minutes (or longer).

Visualisations have to bring up feelings of excitement, abundance, confidence and other feel-good emotions. Once you feel satisfied, you can stop and visualise again tomorrow if you wish.

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### DAY 22

Take the day off — it's okay to be 'unproductive'

Our modern society has a fear of being 'unproductive'. However, when we take time to 'smell the roses', we are doing inner work and enriching our mind and soul. I suggest you to take the day off from your everyday responsibilities. You may need to plan ahead if you have responsibilities, but do the best you can. A more refreshed 'you' awaits.



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DAY 23

### Start finding your higher purpose

We are all created with a unique mix of gifts, talents and shortcomings. All of us have a part to play in this world.

To have a sense of your higher purpose, ponder which activities bring you joy. Your higher purpose is linked to your joy. Write down 3 activities which bring you joy *and* can make a positive change to society or the world.

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DAY 24

**Take an online class  
you enjoy for the fun of it**

For today, let's take an online class (free or paid) in a non-work-related topic you enjoy. Perhaps you enjoy writing fiction, digital drawing, cooking, fashion, etc. Go on YouTube or even pay for a class if you wish. Indulge in a topic you enjoy just for the sheer joy of it.

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DAY 25

**Drink a cup of tea  
or coffee mindfully**

Today, try drinking your favourite warm beverage mindfully with no distractions. Place your phone, laptop, books and tech devices away. Simply enjoy the cup of tea or coffee in front of you. Pick a flavour you enjoy drinking and savour every sip. While enjoying your beverage, be mindful of the sights, smells and sounds of it too.

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DAY 26

### Plan for a gossip-free day

Gossiping can be a guilty pleasure. It can make us feel more superior or 'better' than others. Today, spare yourself from this practice of talking ill of others. Respect yourself and choose not to partake in this activity today. If you are caught in the middle of a gossiping session, change the subject or excuse yourself gracefully from the group.

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DAY 27

**Do a tech detox &  
enjoy your day more**

Today, promise to only check your mobile phone once an hour. Every hour, glance at your notifications for messages or emails. After a few minutes of scrolling, keep your phone and occupy yourself with other activities. Lastly, 1 hour before bedtime, switch off your laptops, phones and tech devices and you may enjoy better sleep!

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DAY 28

### Listen to mindset-altering tunes

Binaural beats can alter the state of your mind to be more alert, positive or more relaxed. There are thousands of free binaural beats available on YouTube. These tunes are usually hours long, but you can stop when you feel satisfied. Choose one binaural beats tune off YouTube and see if it makes a difference to how you feel.

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DAY 29

### Declutter and feel peaceful

Is there a drawer, a table or a corner in your practice area which has been bothering you for ages? Perhaps they are messy and need to be cleaned or decluttered. Set aside some time just to clean one area of your practice room which has been bothering you for the longest time. If it seems overwhelming, clean one small section today and continue later.

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DAY 30

**Do 1 thing you have  
been procrastinating on**

Is there a task or chore that you have been putting off *forever*? Today we are going to tackle this one task. Choose a task that has been bothering you and which you can complete today. Be sure to pick a task which will make you feel satisfied or relieved once it's done. If starting is intimidating, try breaking it down to small and manageable steps.





I want to help you overcome performance anxiety, self-doubt and perfectionism so you can perform confidently under pressure and love making music again.

Check out how we can work together:  
[www.gokcekutsal.com](http://www.gokcekutsal.com)

Follow me on Instagram for more tips:  
[@iamgokcekutsal](https://www.instagram.com/iamgokcekutsal)

Thank You!

I sincerely hope you found this 30-day guide helpful and will make good use of the daily tips.

With that said, I am always looking to improve my work. If you have any suggestions for improvement, or if you just loved this guide, please do reach out and let me know. Hearing from you lights up my day!

Keep sharing your stories through music,

Gökçe