

# The deadly sin of Self Sacrifice - Week One

## Self Care



Notes from Video on Self Sacrifice::

Reflections:

Which area of my life do I fall into self sacrifice?

Where do I seek to please others and meet with their approval?

What would I like to begin to change?

*'An  
empty  
lantern  
provides  
no light.  
Self care  
is the fuel  
that  
allows  
your light  
to shine  
brightly'*