

Week Three - Self Care (Overcoming Self Sacrifice)
Connecting with your Intuition



Through the guided visualisation, you will uncover more of your authentic self, strengthen your intuition and begin to trust yourself more.

You will start to acknowledge and build into your life the life habits that nurture and nourish you deeply.

(Answer these questions as best you can after listening to the Crystal Visualisation):

What did your inner child look like?

Who was your mentor?

What were your key messages?

*'The
secret of
real inner
happiness,
is to never
forget who
you truly
are'*

Overcoming Self Sacrifice - Week Three - Self Care



Questions continued:

What is holding YOU back. What or who does she need to let go of?

Starting today, which behaviors need to change?
(Do you need to slow down, stop worrying, make a change or learn to appreciate simple things?)

Imagine you have reached your 80th birthday party -
Looking back on your life, what three things would you like to say about a life well lived?

*'Always
carry the
inner child
with you
wherever
you go,
and never
let another
person,
experience
or
situation
define who
you are'*