

Week Two - Self Care

Reconnecting to you.

Reconnecting back to the little girl within is essential. Your dreams and feelings as a child still live inside your soul.

You will need to find a picture of you as a little girl preferably around the age of seven to nine.

Ask, reflect and journal on the following questions:

What do you remember about this little girl?

What did she enjoy as a little girl?

What was her character like as a child?



'Can you remember who you were before the world told you who you should be?'

Overcoming Self Sacrifice - Week Two - Self Care



What would she love to change about her life?

How could you weave in more of what you loved as a child into your life?

What were her dreams about life?

Write a letter to yourself and ask yourself the questions below:

If you were the mother of this child, what would you do to nurture her?

What would you do to nurture the grown up version of this little girl today?

(This can be an emotional exercise yet such a powerful way of realising how much you need to look after, nourish and nurture YOU!)

*'Your
spirit
never
ages, it
just
happily
skips
along,
waiting
for you to
remember'*