

*Week Seven - Self Care (Overcoming Self Sacrifice)  
Become a priority in your life!*



**Self Care Permission Slip**

I, (your name)

.....  
Commit to deeper self care in my life for the following reasons

*'She made a promise to herself to hold her own wellbeing sacred'*

.....  
.....  
.....  
My preferred 15-30 minute self care energy top up will be:

.....  
.....  
.....  
My non negotiable weekly self care is (define your time)

.....  
.....  
.....  
My emergency balance when feeling wiped out self care is:

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### Self Discovery Date:

Once you start to connect with your authentic self, you want to get to know her more. The investment of quality time together is essential.

Take yourself off for a date every week, or at the very least, once a month. Make the time for YOU!

Celebrate yourself, what makes your heart light and your spirit sing?

As you go on creative dates, your authentic self will lovingly reveal to you the beautiful mystery that is YOU.

Think magic, think delight, think fun. Do what intrigues and delights you. Explore what interests you. Your base level of happiness is how much you let go and play.

Be prepared for strong emotional resistance and do not listen to the excuses. Once we understand nurturing our imaginations and developing a real relationship with ourselves will transform our lives, it's an investment that we can't put off.

Write down all the places you would love to visit and what you would love to do on your own as an adventure, just for fun?

*'Schedule  
a sacred  
date with  
yourself.  
You deserve  
time for  
your life'*

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What have I learnt about self criticism by over the last seven weeks?

What self care routines will I begin to commit too?

Why is this so important?

When will I commit to my Self Discovery date?

What have I always wanted to do/or love to do just for the fun of it?

How did it make me feel being on my self discovery date?

*'If it feeds  
your inner  
light, its  
not an  
indulgence'*