

*Week Five - Self Care (Overcoming Self Sacrifice)
Finding your Golden Thread*



My GOLDEN THREADS -

AUTHENTICALLY ME
AUTHENTIC SUCCESS
AUTHENTIC STYLE
MY SPIRITUAL JOURNEY
AUTHENTICALLY HOME
AUTHENTIC RELATIONSHIPS
AUTHENTIC FUN AND SPONTANIETY

Am I resisting doing this exercise?

Why?

What could be the benefit to me if I factor this in to my regular self care?

Make a commitment to label up your seven envelopes and to buy yourself a beautiful blank journal.

*'Follow
your
heart, it
already
knows the
way'*