

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



*Who are your figurative glasses?*

*What do you do for yourself now?*

*What prevents you?*

*What could you begin to tell yourself instead?*

*'You  
cannot  
pour from  
an empty  
cup'*

# *Week Six - Self Care (Overcoming Self Sacrifice)*

## *The S.P.I.C.E.S of your life*



We owe it to ourselves and to the people we love and care about to top ourselves up on a continual basis.

Self Care replenishes us and allows us to give to others from a place of love not resentment.

It gives you more strength to help others. We can be kind to ourselves in small, everyday ways. It is not selfish, it is essential. And SELF FULL.

There are six areas in our life that we can weave self care into and will contribute to the FEELING good.

The best way to describe these are by the word – SPICES!

*'First  
learn how  
to make  
yourself  
happy'*



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### *The S.P.I.C.E.S of your life*



Reflect on how you can bring in the SPICES into your life:

**Spiritual** – Enjoying beauty, appreciating nature, meditation, religion  
What can I do?

**Physical** – Whatever exercise feels good to YOU  
What can I do?

**Intellectual** – Reading a book, listening to music, taking an evening class, learning something new  
What can I do?

**Creative** – Creative journaling, new hairstyle or doing makeup different or wearing something different, making or creating something. Painting, decorating, anything that feels creative to you  
What can I do?

**Emotional** – Spending time with good friends laughing, crying, talking...whatever YOU need. Having strong healthy relationships, sharing and helping others.  
What can I do?

**Social** – Parties, friends, meals out, fun times

Do something regularly in all six areas. Start with one and build up.

*'When was the last time you did something for the first time?'*