

# Self Respect - Week 6

Let go of what drains you and your spirit:

People:

Do your friends/family come to you with problems?

Who negatively impacts your energy (work/home/friendships)

Which relationships are not balanced?

Do you spend a lot of time on social media, how does it make you feel?

Do you always answer your telephone?

Home:

What needs repairing around your home - does it bother you?

Is clutter around your home bothering you and why?

What needs repairing on your car or anywhere else?



*'Respect  
yourself enough  
to say -  
'I deserve  
peace', and  
walk away  
from people and  
things that  
prevent you  
from attaining  
it'*

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## Relationships

Are your emotions draining your energy?

is anything wrong with your relationships?

Do you question if you are in the right relationship?

Are you hanging onto a past relationship?

Are you yearning for a new relationship?

*'When things  
arent adding up  
in your life,  
start  
subtracting'*

## Money

Are your finances draining your energy?

Do you have mounting debt?

Do you pay bills on time?

Do you worry about your financial future or about money in general?

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## Business/work

Who and what is draining your energy?

Do you work with people you don't like?

Do you have paperwork to complete?

Do you need to clean out your emails?

Does your phone keep ringing?

## Health

Do you worry about your weight?

Do you worry about your mental well being?

Do you worry about someones else health?

Do you worry about death?

*What have you found most revealing about this exercise?*

*Saying Yes to  
happiness  
means saying  
No to people  
and things that  
stress you out*