

Self Respect - Week 7



What are my top three priorities in life?

What are my core values?

Is my life reflecting that these are my priorities and am I staying true to my core values with the decisions I make around family, friendships, work and relationships?

'A powerful personality is not about being in control or controlling. It is about staying rooted in your core values, integrity and authenticity'

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

What is the biggest things I have learnt about MYSELF in this area of self discovery?

In which areas and with whom have my boundaries not been as strong as they need to be?

'You are not here to make others understand you. You are here to understand yourself'

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Where in my life do I need to begin to say No and with whom?

Whats my biggest drain and what little steps do I need to start to do to change this?

Why is this so important? Whats the longterm consequence to myself if I dont create boundaries, start to say No and let go of what is draining me?

'You are free to choose. You are not free from the consequence of your choice'