

# *Self Immolation/ Self Love - Week One*



*How would you describe self immolation?*

*What's your choice in life, self immolation or self love?*

*What are your passions, what really sets you on fire? (Look through the Golden Thread work we did*

*'I survived  
because the fire  
in me burned  
brighter than  
the fire around  
me'*

## *Week One - Self Immolation/ Self Love*



Find the courage to do what you have to do to be truly happy in life.

Take back complete control of YOUR life!

Reflect on what ways you have given away control and kept others warm rather than igniting your own fire? (We will be focusing on this next week with the timeline exercise so dont worry if you struggle to answer this question)

*'Be who you  
were meant to  
be and set the  
whole world on  
fire'*