



THE PRACTICE OF SELF CARE - LESSON

This exercise is designed for you to do an inquiry into how well you support yourself. To get the most out of this experience begin by practicing being the observer in your own life. When you allow yourself to be the witness, you can create enough detachment to increase clarity and understanding. As you move through your day, observe how you practice self care. In all of the giving you do, when is it your turn? Notice any feelings that come up and journal. At the end of your day, choose a way to practice self care and implement it. What happens when you practice self care? Journal.

- ◇ What comes up for you when you practice self care?
- ◇ Does the practice of self care change your energy level?
- ◇ Do old patterns get in the way of self care?
- ◇ What does the practice of self care provide for you? For others?
- ◇ Do you feel differently about yourself when you practice self care?