



# EXPLORE YOUR QUESTIONS



## Exquisite Self-Care

### Evaluating Your Needs

When (how often) do your needs get seen to?	What priority do you give your own needs?	Who's responsible for meeting them?

### Self-Care is Essential Because...

You matter. And you are worthy of it.	You show others how to treat you.
<p>Your value isn't in what you <i>do</i>, it's in who you <i>are</i>.</p> <p>We graciously see our family and friends as whole people... and we love them unconditionally for <b>who they are</b>.</p> <p>Why is it so hard to give ourselves the same courtesy?</p>	<p>We model how we expect to be treated through our interactions with others.</p> <p>Do you allow outside demands to always come first?</p> <p>What silent messages do you send about the importance of your needs?</p>
It allows you to fulfill your obligations and support the people in your life.	If you neglect it, the Universe will remind you, often painfully.
<p>It's difficult to nurture others when your own tank is only half-full.</p> <p>Does stress negatively affect your professional, personal, or creative life?</p> <p>How well do you serve others when you're feeling overwhelmed?</p>	<p>When you continually dismiss the need for self-care, the Universe will do whatever it takes to get your attention.</p> <p>Are you ignoring subtle signs that it's time for self-care?</p> <p>What are you waiting for?</p>



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## Exquisite Self-Care

### Self-Care is Essential Because...

**If you don't value yourself, then you're not living...you're merely existing.**

<p>We all have responsibilities and goals for our lives.</p> <p>One of the most important, though, is learning when (<i>and how</i>) to take care of ourselves.</p>	<p>How can you encourage daily moments of joy?</p> <p>How do you feel when you practice this self-care?</p>	<p>What experiences of love make your life worth living?</p> <p>When is the last time you did something <i>just for you</i>?</p>
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### Self-Care Questions:

<p>When was the last time you did something purely for your own self-care?</p>	<p>What limiting beliefs might be stopping you from practicing self-care?</p>
<p>How often do you make self-care a priority?</p>	<p>What activities or self-care choices feel exquisitely tender and loving?</p>

### Self-Care Affirmations:

<p>I am worthy of exquisite self-care.</p>	<p>I encourage people to treat me well by modeling my own self-care.</p>
<p>I practice self-care so that I can support those I love.</p>	<p>When I practice self-care, I open myself up to living with joy.</p>

**Give yourself permission to choose loving self-care.**