

7 June 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Self-Care

Following on from last week's masterclass, this week's challenge is going to focus on some of the points I raised, namely taking special care of yourself. You may already have a self-care regime in place but this week, you need to make it all about you!

So spend some time reflecting on each question & answer in a realistic way. Some changes take more time than others and sometimes, aiming too high is counter-productive as it leads to disappointment. Keep it in perspective, manageable and consistent...



Monday - Taking care of your body. What could you do more of or better? What new habits do you need to develop? Where are you self-sabotaging & why? Is there a deeper issue holding you back?

Tuesday - Value yourself 1. This is going to be a challenge but will help with your self-talk... Spend the ENTIRE day avoiding self-criticism and giving yourself compliments. How easy or difficult was it?

Wednesday - Value yourself 2. What do you already do? What else could you do to value yourself? Can you find the time & resources? If not, what would be a good alternative? Even if it's something small, how could you re-inforce your own self-worth?

Thursday - Environment 1. Who are the 5 people you spend the most time with? Are they good or bad for you? If good, how could you make your experience with them even better? If bad, how can you reframe & improve it?

Friday - Environment 2. What is toxic in your environment? How can you change or control that? Can you take responsibility for the toxicity? Is it a case of moving on, improving it or reframing it?

Saturday - Stress. What are your current stresses? Could you handle them better? Could you deal with them differently? Are there underlying reasons to them that could be the root cause? How can you change them?

Sunday - Mindfulness. Today, be present in everything you do. Take the time to look, hear, feel & observe. Let your heart fill with warmth & gratitude. Record your findings.