

### ***A time to Reflect<sup>ii</sup>***

You have reached the 3-week mark, well done for coming this far. A journey such as this, where you hold yourself under the biggest microscope – yourself, is never an easy task. Most of us, myself included are super critical of even the smallest of endeavors. Well now is a time to really look for the achievements you have made over the past 3 weeks. This is a task that asks you to look back over your life, and see the best things. It may be while you have been on this remarkable journey or earlier in your life, it doesn't matter when or where, as long as you can remember and 'feel' the success of these life experiences.

During the reflection of your life see when there have been times you were in the 'zone', moments of being 'in the flow' times of grace, peak performance or experience. A time or times when it seemed magic was happening and everything was just falling into place. Really feel the feeling you had at that time, even breathe the smells and scent that was around you, and hear the sounds of the situation as if you were there again. Then ask yourself these questions and write the answer in your life journal:

- How did it feel to you?
- What was happening within or around you?
- What circumstances supported you or triggered your experience?

- What strategies did you, or could you, use to re- enter the zone?

Taking the time to look deeply and reflect on these important moments of grace in your life and asking yourself questions like this can provide you into a snap shot of your success, yes you have achieved much, and now these wins came into play. By really feeling the positive flow of these past events and then projecting them into future, or simple changes you are working on now, can make your goals a lot easier to achieve. What have you got to lose by playing with positive energy?

AS you work through this week's reflection questions, there is a slight difference. We are moving away from what is and what was, and moving into what you would like to be, in character and in person. Again, this can be a challenging exercise for those who have not given themselves permission before to uncover themselves and see a different possibility for life. Remember too, all of this is a work in progress, and doesn't happen overnight, in a week or even a year. It takes time and conscious consideration to be the best one can be at any given moment, and know that you will fall, trip, rant and rage. You will think harshly, kindly, go wow at your progress. Some days you will feel it is all too hard, and others you will be so proud and grateful for working through the issues because you can see the better you that you remembered of yourself 'all that time ago' Everything

starts with a thought, a realization, a desire to be, do or create something different. All big things started at this point, and more often than not from being disgruntled with what was at the time of the thought.

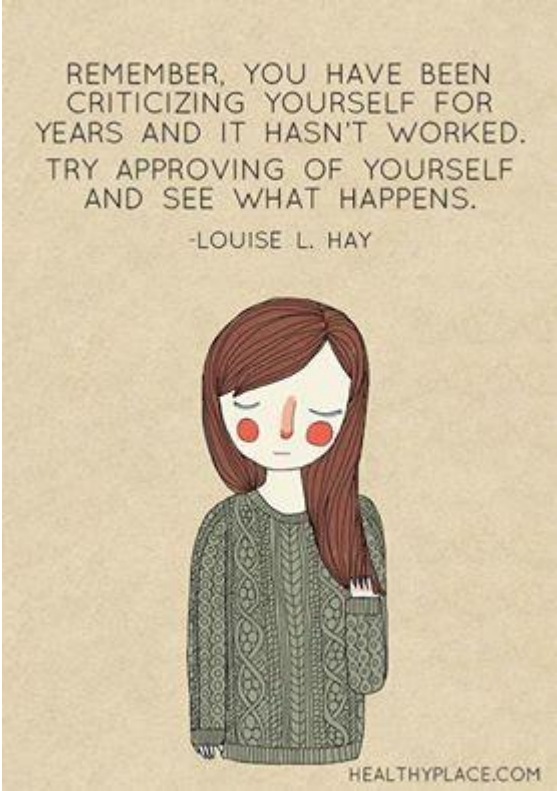
For inventors it is the thought “There has to be a better way of doing this” so off they went and fiddled with their ideas and brought them into reality. Thanks for the mower, the hills hoist, even computers and the internet were a thought of there must be a different way of doing things.

Rag to riches stories, of people who have come from what seems hopeless childhoods who grow into formidable leaders filled with compassion, a common thread through their stories is they wanted to be somebody different and make a difference in their world, in their communities. So they put the effort into learning what it meant to be the person they wanted to be, and learnt how to be different, to let go of the ‘baggage’ they were given and held onto up until that point.

We all make choices, each and every day. We choose to get up and be present. The committed choice to pay the bills can be a big influencing factor, but it is still a choice. We choose to feel the way we feel, or change it.

Sometimes we need help from others, music, books, time out etc to help change the feeling, but we choose to sit in it or not. It is a choice.

Life is made, not given. It is a dance and not a journey. We create our life, and we are blessed with choice and free will to make change as we see fit. I am not at any point dismissing the potential uncomfortable conversations and discomfort that can go along with it. But don’t butterflies evolve out of a cocoon filled with syrup? Their life force and matter? I challenge you to consider doing what may seem to be the impossible. Start choosing the life you want to have, on your terms. Accept your destiny and the choices along the way to make your life complete and true to you.



## **Self care is essential, not an option!!**

There are so many ways we tell ourselves what we think of ourselves. What we say in our mind when we do good, or not; when people give complements, or critique; what we choose to do that is either health supporting or not.

Life happens, but it is how we interact with life that determines how 'well' we live it. It all occurs based on choices and self-respecting our needs at any given moment. I am not promoting anyone to neglect commitments, or to ignore abuse or withhold from others, what is promoted in this concept is first you get clear of what is important to you, and from this space make choices that support your values, and those who are important to you. Compromise is part of this, but when they are consciously made and negotiated from a place of love, for self and the others involved.

If we continue to do what we have always done, as the saying goes, we will get what have always gotten. Is this how you see the rest of your life? There is no judgement here, and I will support people to do this, as long as the choices are not morally, ethically or against my personal value system. I have the choice to say no, and most certainly done so, even when close family members expected me to participate in blackmail or other unsavory

actions and thoughts. There has to be a line in each person's life where they stand for what they honestly believe in and while it is painful to let those people go with love to follow their chosen life path, self care, respect and honor is important and each of us are required to assess and stand for what we believe in.

When we choose to look after ourselves, it reduces the level of resentment towards ourselves and others, frees up energy, interest and enthusiasm to do what we choose and enjoy doing. The operative word in this is "choose". When we choose, we are saying yes to something and not resisting or fighting against it to keep other people happy. When we choose to things we normally wouldn't do to help or support another it has the energy of giving, which is even higher than acceptance and it tends to deepen the relationship even more.

On the flip side of this, acts of self-care, can certainly also be saying NO to things. This act of self-respect can be a much-needed blessing you are craving. Have a look through the following, and see which, if any you may benefit from saying not to. As you read through each of them, feel what your response is. If it is Hell Yeah! Then mark them with a big tick or other symbol. These are the ones to really start putting into your action plan.

If there is no resonance, or agreement with them, then these actions are not a priority for you. The list can change from one time to another depending on what is going on, and as you evolve, so be open to change and responding as needed at any given moment, this too is an act of self-love.

So, here we go.

How many of the following do you choose to say no to?

I choose to say no to:

- Rush
- Jump out of bed in the morning. I give myself the time and space I need to start the day in a serene and relaxed way
- Live without pets
- Compromise my needs to keep peace with anyone.
- Eat meat
- Balance my accounts and pay the bills, I have someone else to do it for me. (I choose to let others work in their strengths, that are my weakness)
- Argue with people who see debating as a sport
- Use my credit cards unless I can pay them off in full at the end of the month
- Keep anything in my home that I don't love or need
- Keep my mouth shut when someone is out of line
- Go to events that require hours of idle chitchat
- Tolerate, or participate in gossip
- Deal with difficult life situations alone
- Hire anyone, be it a solicitor, doctor, health care provider or what have you who treats me with disrespect
- Take phone calls during meals
- Accept verbal abuse from a boss or co-worker
- Go to work when I'm sick
- Keep my opinions to myself when they don't align with those of others in the room
- Let social norms dictate what I should be interested in, whether its clothes, art, music or the like. I love what I love
- Invest time in relationships that aren't aligned with who I am and who I want to be
- Accept wasteful packaging at restaurants, stores and so on
- Finish reading books that lose my interest
- Take junk mail into my home
- Feel the need to check my e-mail multiple times a day
- Eat when I'm not hungry
- Get caught up in another people's drama

- Feel an obligation to spend time with family members or friends who choose to live in chaos
- Feel bad about saying no when no is what's best for me
- Let my mind be on work when I'm not working
- Let the tv networks dictate when I watch my favorite shows – record them and watch at your leisure
- Have my e-mail program set to automatically receive new messages. I choose when I get my mail
- Keep clothes I hope to fit into 'someday'
- Throw away anything that can be recycled
- Buy cars that aren't fuel efficient
- Spend time with people who talk at me instead of with me.

The list is taken from 'The art of Extreme Self-Care' by Cheryl Richardson, pg 45-47

**Preparation for the coming week**

What self-care are you committing to this week? \_\_\_\_\_

\_\_\_\_\_

How many times and for you long? \_\_\_\_\_

Describe how it will feel to do this self care activity. \_\_\_\_\_

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What is your commitment for focused change this week? \_\_\_\_\_

\_\_\_\_\_

What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.

\_\_\_\_\_

How will you know you are achieving your commitment? \_\_\_\_\_

\_\_\_\_\_

How will it feel to complete your committed to activity? \_\_\_\_\_

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What might it mean in the bigger picture of what you are working towards?

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Who do you need to contact to ask for help to action this commitment?

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What is the real cost if you don't follow through? \_\_\_\_\_

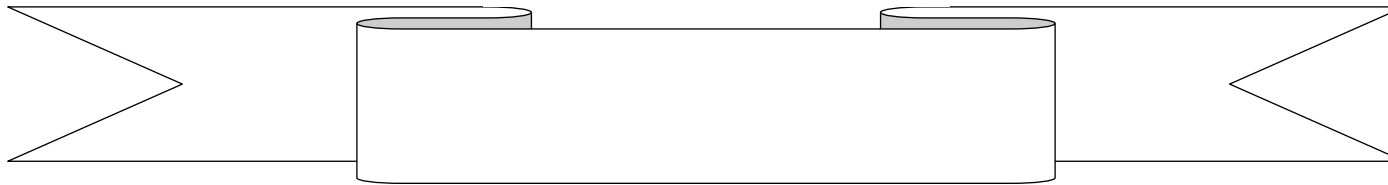
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What is the cost benefit of following through? \_\_\_\_\_

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\_\_\_\_\_

# Week's Focus



Tasks to complete this week towards your goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Important activities to include in this week's planning**

- 1.
- 2.
3. .
4. .
5. .

**Self Care, reward activity Ideas**

- Declutter, one room at a time
- Walk in the garden/park
- Play with children/pets
- Try a new recipe
- Play video games for a half day
- Speak with friends
- Go to the theatre
- Buy flowers for the home/office
- Make a facial, and indulge in it
- Rearrange your picture frames
- Be a tourist for a day
- Go window shopping, leave cards at home
- Start/add to your dream board
- Continue a forgotten hobby
- Go to the travel agent for ideas
- Meditate
- Go car looking or upgrade you want
- Paint a wall, or start a restoration project
- Replace old and dirty cleaning tools

**Meal Ideas – Focus on \_\_\_\_\_**

**Shopping List**



"Appoint yourself as CEO of your own life and destiny. Your life,  
your choices!  
Leah Marmulla

Day 22

BGL before \_\_\_\_\_

Breakfast \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

BGL 2 hrs after \_\_\_\_\_

Morning tea \_\_\_\_\_

BGL before \_\_\_\_\_

Lunch \_\_\_\_\_

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BGL 2 hrs after \_\_\_\_\_

Afternoon Tea \_\_\_\_\_

Dinner \_\_\_\_\_

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Strengthening                      Stretches/relaxation

Books reading to learn and grow      Self-care activity

***In your Life's Journal record the following for the day:***

What great thing happened today? \_\_\_\_\_

*Place this in your achievement board.*

What emotions and feelings stood out for you? \_\_\_\_\_

\_\_\_\_\_

What theme, or common emotions, if any were there between the memories? \_\_\_\_\_

If you noticed other's reactions, what were they, and where do you also react in the same or similar way? Tap the reaction to this revelation out & forgive

What is the lesson you can take from today's self care activity? \_\_\_\_\_

\_\_\_\_\_

What dreams or hopes were awakened during today? \_\_\_\_\_

\_\_\_\_\_

What 'not possible' reactions or thoughts came up around them? Tap them out and complete the forgiveness exercise.

*Place dreams and ideas on your dream board.*

What step or action can you take tomorrow towards achieve your goals?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"Seeing through the eyes of fear distorts our perceptions and causes us to act out paradoxical eating behaviors"  
Marc David

"Discipline is remembering what you want"  
David Campbell

**Day 23**

BGL before \_\_\_\_\_

Breakfast \_\_\_\_\_

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BGL 2 hrs after \_\_\_\_\_

Morning tea \_\_\_\_\_

BGL before \_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

BGL 2 hrs after \_\_\_\_\_

Afternoon Tea \_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Strengthening                      Stretches/relaxation
- Books reading to learn and grow      Self-care activity

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What 'not possible' reactions or thoughts came up around them? Tap them out and complete the forgiveness exercise.

*Place dreams and ideas on your dream board.*

What step or action can you take tomorrow towards achieve your goals?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation? \_\_\_\_\_

\_\_\_\_\_

Do you ever put your arms out and just spin and spin and spin? Well, that's what love is like. Everything inside of you tells you to stop before you fall, but you just keep going.

Ho Su

"Dreams only lead to success when followed through with determination and action."  
Leah Marmulla

Day 24

BGL before \_\_\_\_\_

Breakfast \_\_\_\_\_

\_\_\_\_\_

BGL 2 hrs after \_\_\_\_\_

Morning tea \_\_\_\_\_

BGL before \_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

BGL 2 hrs after \_\_\_\_\_

Afternoon Tea \_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Strengthening                      Stretches/relaxation
- Books reading to learn and grow      Self-care activity

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Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation? \_\_\_\_\_

\_\_\_\_\_

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

~ Melody Beattie ~

"When I loved myself enough, I began to see that my ego is part of my soul.  
with this shift in perception it lost its stridency and paranoia, and could do

its job"  
Kim McMillen

**Day 25**

BGL before

Breakfast

\_\_\_\_\_

BGL 2 hrs after

Morning tea

BGL before

Lunch

\_\_\_\_\_

BGL 2 hrs after

Afternoon Tea

Dinner

\_\_\_\_\_

- Strengthening                      Stretches/relaxation
- Books reading to learn and grow      Self-care activity

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What is the lesson you can take from today's self care activity? \_\_\_\_\_

\_\_\_\_\_

What dreams or hopes were awakened during today? \_\_\_\_\_

\_\_\_\_\_

What 'not possible' reactions or thoughts came up around them? Tap them out and complete the forgiveness exercise.

*Place dreams and ideas on your dream board.*

What step or action can you take tomorrow towards achieve your goals?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation? \_\_\_\_\_

\_\_\_\_\_

"After a difficult day with the children," a young mother says, "I like to take the car and go for a drive;  
I like to have something in my hands I can control."  
Lawrence P. Fitzgerald

"When my husband vacuums the house,  
it's good as foreplay"  
Cheryl Richardson

**Day 26**

BGL before

Breakfast

BGL 2 hrs after

Morning tea

BGL before

Lunch

BGL 2 hrs after

Afternoon Tea

Dinner

Strengthening                      Stretches/relaxation

Books reading to learn and grow      Self-care activity

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*Place dreams and ideas on your dream board.*

What step or action can you take tomorrow towards achieve your goals?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation? \_\_\_\_\_

*Count your blessings. Once you realize how valuable you are and how much you have going for you, the smiles will return, the sun will break out, the music will play, and you will finally be able to move forward the life that God intended for you with grace, strength, courage, and confidence.*

*Og Mandino*

“Before you put anything in your mouth, ask yourself:  
Am I hungry? Will food satisfy my hungry? What would truly nourish me in  
this moment? Or do I choose to eat it.  
Marc David

**Day 27**

BGL before

Breakfast

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BGL 2 hrs after

Morning tea

BGL before

Lunch

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BGL 2 hrs after

Afternoon Tea

Dinner

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Books reading to learn and grow      Self-care activity

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\_\_\_\_\_

“Give sorrow words. The grief that does not speak whispers the o’er-fraught heart and bids it breaks  
William Shakespeare

"If I have seen further,  
it is by standing on the shoulders of giants"  
Sir Isaac Newton

Day 28

BGL before \_\_\_\_\_

Breakfast \_\_\_\_\_

\_\_\_\_\_

BGL 2 hrs after \_\_\_\_\_

Morning tea \_\_\_\_\_

BGL before \_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

BGL 2 hrs after \_\_\_\_\_

Afternoon Tea \_\_\_\_\_

Dinner \_\_\_\_\_

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- Strengthening                      Stretches/relaxation
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What step or action can you take tomorrow towards achieve your goals?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation? \_\_\_\_\_

\_\_\_\_\_

"If one set aside time for a business appointment or shopping..., that time is accepted as inviolable. But if one says, "I cannot come because that is my hour to be alone," one is considered rude, egotistical or strange. What commentary on our civilization."  
Anne Morrow Lindbergh