



## TAKING CARE OF YOURSELF

*"You are what you do, not what you say you'll do." - Carl Gustav Jung*

Name 10 things you can start doing to take care of yourself...

- 1.) \_\_\_\_\_  
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- 2.) \_\_\_\_\_  
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- 3.) \_\_\_\_\_  
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- 4.) \_\_\_\_\_  
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- 6.) \_\_\_\_\_  
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- 7.) \_\_\_\_\_  
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- 8.) \_\_\_\_\_  
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- 9.) \_\_\_\_\_  
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- 10.) \_\_\_\_\_  
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## TAKING CARE OF YOURSELF

*"Things turn out best for people who make the best of the way things turn out."*

- John Wooden

What compliment do most people give you? Do you agree... If not, Why? \_\_\_\_\_

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What is your favorite attribute about yourself... \_\_\_\_\_

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## TAKING CARE OF YOURSELF

*"If it doesn't challenge you, it won't change you." – Fred DeVito*

I forgive myself for... \_\_\_\_\_

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Today I will/have accomplished... \_\_\_\_\_

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## TAKING CARE OF YOURSELF

*“Talk to yourself like you would to someone you love.” – Brene’ Brown*

How often do you compare yourself to others, and how can you tell... \_\_\_\_\_

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How could comparing yourself to others be harmful to your own self-esteem... \_\_\_\_\_

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## TAKING CARE OF YOURSELF

*"Givers have to set limits because takers rarely do."* – Henry Ford

Name five traits that make you a good person...

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

I deserve happiness because... \_\_\_\_\_

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## TAKING CARE OF YOURSELF

*"Whether you think you can or whether you think you can't you're right." – Henry Ford*

Think about the past week and list 10 ways you took care of yourself (big or small)...

- 1.) \_\_\_\_\_  
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- 2.) \_\_\_\_\_  
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- 3.) \_\_\_\_\_  
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- 4.) \_\_\_\_\_  
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- 5.) \_\_\_\_\_  
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- 6.) \_\_\_\_\_  
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- 7.) \_\_\_\_\_  
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- 8.) \_\_\_\_\_  
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- 9.) \_\_\_\_\_  
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- 10.) \_\_\_\_\_  
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## TAKING CARE OF YOURSELF

“The only person to compare yourself to is the person you were yesterday.” – Johann ML Brown

Think of someone who radiates self-respect. How can you tell this person respects themselves? \_\_\_\_\_

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Challenge yourself by doing something outside of your comfort zone. Then write how it felt before, during, and after the new behavior... \_\_\_\_\_

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## TAKING CARE OF YOURSELF

“Feelings are just visitors. Let them come and go.” - Mooji

Write the words that you need/want to hear... \_\_\_\_\_

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What surprised you the most about how you responded to your divorce... \_\_\_\_\_

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## TAKING CARE OF YOURSELF

*"Nothing holds you back more than your own insecurities."*

If my body could talk it would say... \_\_\_\_\_

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Write about a difficult time during your divorce and how you overcame it... \_\_\_\_\_

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## TAKING CARE OF YOURSELF

*“Don’t allow someone to treat you poorly just because you love them.” – Purelovequotes.com*

Write about your co-parenting victories this week... \_\_\_\_\_

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Why do you consider yourself worthy of love and respect... \_\_\_\_\_

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## TAKING CARE OF YOURSELF

*"If your compassion does not include yourself, it is incomplete." – Jack Kornfield*

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What do other people like about you... \_\_\_\_\_

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Write about a teacher or mentor who has made a positive impact on your life... \_\_\_\_\_

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# TAKING CARE OF YOURSELF

*“Always find time for the things that make you feel alive.” – Unknown*

What is the biggest accomplishment in your professional and or personal life... \_\_\_\_\_

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