**The Self-Care**

**Masterclass**





**Relax, Listen**

**& Journal**

***We will begin with a 10 Minute Meditation to de-stress so that we can be fully present for the class.***

How did you find this meditation? Could you relax and unwind during it and what do you feel are your biggest stresses currently?

For each stress you have written down, what element of self-care do you think is missing from your life that may be contributing to this stress?

Let’s make a small plan around our self-care today and let’s start with the next week to get us going.

Friday:

Saturday:

Sunday:

Monday:

Tuesday:

Wednesday:

Thursday:

Why do you think you procrastinate on things that you know you should be doing?

Why are you resisting changes that need to occur?

Do you hold yourself accountable for your actions or lack of action?

How often are you speaking negatively to yourself?

How often to do you speak kindly to yourself?

**Goal Setting ~ The Foundation for Change**

Let us focus on goals for the next year ahead. In one year from now, where would you like to see yourself?

As a starting point, let us break these longer term goals down and begin with focusing on the next 30 days.

From your goals above; where would you like to see yourself in 30 days from now?

Why do you not stick to your goals?

What do you need to do more of to stick to your goals? (Have support? be motivated?)

**“She Believed She Could, So She Did!”**

***Thank you for joining me this evening. I wish you a wonderful month ahead and let’s finish off with a short guided meditation.***