

COURAGEOUS SELF-CARE

Exploration Guide

to Help You Explore and Overcome the
Barriers to Self-Care in order to fully
Honor Yourself and What You Need to
Live a Joyful and Connected Life

Facilitated By: Amanda Brown of Beautiful Knockout

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Courageous Self-Care

Exploration Activity #1 - What Does Self-Care Mean to You?

Exploration Activity #2 - How often do you engage in self-care? What types of self-care do you engage in?

Exploration Activity #3 - Write a list of all the things you actually do on a daily basis to engage in self-care: ONLY the ones that directly impact you, not someone else

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Exploration Activity #4 - Write a list of things you feel would be beneficial or that you want to do as part of your self-care routine but haven't been able to implement into your life.

Exploration Activity #5 When you engage in Self-Care, What feelings and emotions come up?

Exploration Activity #6 - What things gets in the way of you engaging in self-care?

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Exploration Activity #7 - Do you believe you are worth the time and/or money self-care sometimes takes? Why or Why not

Exploration Activity #8 - What are the messages that come up from your inner mean girl when you do engage in Self-Care?

Exploration Activity #9 - What are the ways have you stopped yourself from caring for yourself?

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Exploration Activity # 10 - What would need to be in place for your to consistently engage in self-care?

Exploration Activity #11 - When looking over all your answers to the previous questions, what are the ways you are good at self-care?

Exploration Activity #12 - As you move forward this week, what is one simple thing you can do to increase your self care? When and how will you do it?

Who knows what women can be when they are finally free to become themselves? Who knows what women's intelligence will contribute when it can be nourished without denying love? - Betty Friedan

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