



Module 3: Self Care Is NOT Selfish



PART 1: Do you put everyone and everything else first?

Answer these 2 questions to get started.

Question 1: Do you put everyone and everything else first? Why?

Question 2: Do you remember to make YOU important? If not, why?



PART 2: Self care is NOT selfish

Take some time just for you with our three top tips for self care and putting yourself first!

Tip No 1: Write a list

This should focus on:

- All the times you have given yourself to someone else unnecessarily
- All the times you have given your time unnecessarily
- All the times you have given your love without it being reciprocated
- All the times you have given your emotion unnecessarily
- All the times you have given your energy unnecessarily

Now, write a list of all the times you've put yourself first...

You probably found that one harder. That is because it is in your nature to put others first.

Tip No 2: Write another list

This list should focus on what you can do right here, right now to make YOU important. What can you let go of now? What can you say yes to? How can you nurture YOU today?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

Tip No 3: “Yes”, “no” but NEVER “maybe”

From now on there is only ever ‘yes’ and ‘no’ but NEVER ‘maybe’.

Question: What will you say “NO” to today?

PART 3: Learn to say “NO!”

In this mindset exercise Ali will guide you through the importance of saying “NO!” when you don’t want to do.

Next up, Module 4: Who are YOU?

