

Savvy Strategies For Self-Care

Welcome Packet

A Message from Liesel



Welcome to the Savvy Strategies for Self-Care Group Program!

Congratulations on taking steps towards greater fulfillment, joy and happiness by starting to put **you** back on your own priority list! In this packet you'll find an overview and tips for making the most of this opportunity.

In order to maximize your success, you'll want to take daily/weekly action towards your goals. They say that "a goal is a dream with a deadline." Together we will encourage each other towards taking those steps to creating lives that we love living.

The more you take action, the more you'll grow. Change happens through many little steps on the way.

Make sure to take time to recharge your batteries, dream, and enjoy life. You set the pace, you set your schedule. The group and I will be here to support you and cheer you on. Every week the call is recorded so if you were not able to be on the call, you always have access to the recording and an Action Guide.

Keep in the know... The best way to keep up to date on what is going on is to:

1. Get a dedicated notebook so you can keep all of your notes in one handy location. I've also created a weekly tracking form for you. You'll find a master copy in this packet.
2. Mark your calendar for the weekly group training calls (Thursdays at 1:00 PM Eastern).
3. Here is the conference line number for these calls, please record this someplace handy. Conference Line: **(425) 440-5100 – Code 622413#**. For long-distance participants (outside of the US), use Skype, dial the Skype ID "join.conference", then type in the Code 622413# to be connected to the call. It's a free call then.
4. Look for update emails with [Savvy Strategies] in the subject lines.
5. Participate in discussions with fellow members, in our private Facebook group: <https://www.facebook.com/groups/SavvyStrategiesYesAholics/>

I'm wishing you much fulfillment and enjoyment on your self-care journey and am cheering you on.

With appreciation,

Liesel

Getting Started Worksheet

Bring to mind your involvement in the Savvy Strategies Group Program. What excites you most about this opportunity?

What's not working for you currently around your level of self-care? What frustrates you most?

What skills do you currently possess that will aid you in achieving your goals?

What is your motivation for wanting to put yourself back on the priority list?

What are you looking forward to change in your life, regarding how you're taking care of yourself right now?

Weekly Tracking Sheet for the Week of: _____

Keep track of your weekly successes, challenges, goals, questions, and progress.

This Week's Goals / Plan of Action: _____

Notes: _____

My Questions and Successes: _____

Program Content and Support

To access your program materials, login to the member's area and head over to the Savvy Strategies for Self-Care dashboard.

This is where you'll find support materials and conference call recordings.

<http://savvyselfgrowth.com/amember/login>

Join our private Facebook Group (members only)

The Facebook group will be where we communicate with each other. I find it more effective than email and more helpful to us as a group. You can send me a message on Facebook, as well as post questions, share resources, and meet others, in our group area.

<https://www.facebook.com/groups/SavvyStrategiesYesAholics/>

Remember: taking action and implementing are essential but don't let work consume you. Take time to play, enjoy your loved ones, exercise, and eat well. You'll find you get more done in less time when you maintain healthy boundaries in your life and put self-care first.

I'm thrilled to have this opportunity to explore this topic together and I look forward to celebrating your successes!

Warmly,
Liesel