

Savvy Self-Care Strategies For Busy People

Module 1 Surprising Inside Secrets of Self-Care Action Guide



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

Welcome to this program. I'm Liesel Teversham, event founder and your host on this exciting self-care journey. By participating in this program, you'll learn how to create a life of joy and fulfillment, discover your personal compass to help you make decisions super-easy, increase your energy and time, learnt to say "no" to too much on your plate in kind and gentle ways so you'll never again have to say "I'm too busy" to an important person or enjoyable activity. This program will equip you with effective self-help tools that even busy people can use. In the long run, if you use these powerful tools, it will help you to be "less busy" so you can say "yes" to much more of what you love!

Your participation is key to making the most of this opportunity. As you participate in this program, you'll be developing skills and one of the most important concepts in life: Awareness. You'll make powerful connections with other participants that can lead to strong life-long, nurturing friendships.

Important Information to Keep Handy

Program Schedule: Weekly Training Calls

Conference Call Line: 425-440-5100 Code: 622413#

Every Thursday at 1:00 PM EST / 7:00 pm SAST: : 18 & 25 September, 2 & 9 October

Video Webcast page: Refer to email updates and the dashboard page in the member's area.

Look for a link to the Webcast page in each week's program emails. This way, you can view the visual component. It will be available as a replay straight after the event.

Free Skype Access: Watch a short video to see how to call in via Skype:

<http://instantteleseminar.com/skype/>

Block out time in your calendar: To make the most of this program be sure to schedule the weekly training calls into your calendar. While all sessions will be recorded, it is recommended that you attend live, if at all possible. This will provide you with the opportunity to keep the momentum going, connect with other participants, and get your specific questions answers. In addition to attending the calls, you'll want to schedule about an hour a week to apply what you've learned. By taking action you will accomplish a great deal and your self-care practices will step up and let your cup of energy overflow!

Access Training Materials in the Member's Area: <http://savvyselfgrowth.com/amember/member>

When you login to the member's area, click on the "dashboard" page at the top of the site, or click on the **Savvy Self-Care Strategies for Busy People**, under "Active Resources". That's where you'll find all of the program content as well as links to our weekly live calls and call replays.

Connect with our Self-Care Community in our Private Facebook Forum

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

This discussion group is a place where you can come to share ideas, ask questions, team up with other participants, and get a tremendous amount of encouragement and support.

Syllabus

Module One: Surprising Inside Secrets of Self-Care

- New, empowering definitions and surprising facts
- Your self-care vision
- How to set a self-care goal to increase the likelihood of success
- Discover a part of your brain that acts like an antenna and magnet
- Discover your unique, personal compass for life
- Hot Self-Care Tips
- Magnetic self-care affirmations

Module Two: The Elephant in your Head

- Discover what's really holding you back from healthy self-care
- The Rider, Elephant and Path
- The power of the subconscious mind and why affirmations don't always work
- Learn a unique, powerful stress-relief and self-care tool, to eliminate emotional road blocks, gently and safely
- Hot Self-Care Tips

Module Three: Practical Tools for Self-Care

- Discover how to get excited and enthusiastic and run towards self-care
- Learn how to instill new, positive self-care beliefs that act like a magnet to draw your new life to you
- Boundaries: How to set them gently and in win-win ways
- Hot Self-Care Tips

Module Four: Savvy Strategies for Yes-Aholics

- Learn how to say "no" for self-care, in guilt-free ways
- The Stages of Change
- How to make change easy
- Hot tips to be gentle with yourself through periods of change
- How to deal with Patsy Perfectionist

A Message from Liesel



A warm, hearty welcome to the **Savvy Self-Care Strategies for Busy People** Group Program!

Congratulations on taking steps towards greater fulfillment, joy and happiness by starting to put **you** back on your own priority list!

In order to make the most of this opportunity, 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, where we never have to say "I'm too busy" for things we enjoy.

The more you take action, the more you'll grow. Change happens through many baby 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.
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.
Instructions: <http://instantteleseminar.com/skype/>
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 can't wait to hear about your successes on the way to a dream life!

Warmly,
Liesel

What's Your Self-Care Vision?

In order for us to end up somewhere new on our self-care journey, it's vital to have a new vision of where you want to be.

Often, for those of us who have been neglecting ourselves, we're so used to being focused on other people's comfort and needs that we hardly have any idea of what it would be like to look after our own needs. In my experience, very often we hardly have any idea that we have needs and we have had no practice in meeting them either!

They say "If you keep doing what you've been doing, you're going to keep getting what you've got." And Einstein said the definition of madness is "Doing the same thing over and over, and expecting different results." Both are true. We can't expect to end up anywhere different if we have no idea of **how** we we'd rather have our lives be for us.

So we're going to start with a few really important questions, to help you get some ideas and clarity for your own self-care journey.

I'd like you to pick a time that you'll be uninterrupted for at least 30 minutes to answer these questions. Ask your family to give you some space, or get up one morning really early to give yourself the space and gift of starting the very important task of deciding the direction you'd love to move in.

Here are the steps.

1. Get your favourite, nourishing beverage and pick a quiet spot. Take a few deep breaths, relaxing your body and mind. Put one hand on your heart, and do another few relaxing inhalations and exhalations, sinking totally into a feeling of relaxation, relief, safety and peace.
2. Answer the following 3 questions, and be authentic, real and ask for what you want. At this stage, the temptation may be to "put others ahead of you" in the queue again, by minimizing your wants and needs. Realise it's a habit and when thoughts creep in like "Oh, that's nice but I can't really have THAT, that's just never going to happen!", please acknowledge that thought, and then let it float away gently and into the background, for now. Next week we'll learn something to help those thoughts to arise much less often.
3. See this as a discovery process – a discovery of what you really need, what you want and what self-care would be for YOU. Not anyone else's version or opinion. Yours. This is your time to dream, envision a life where you feel completely fulfilled, happy, peaceful, content and taken-care of. Then answer these questions, either here or in your Journal.

What does it mean to YOU to put yourself back on your own priority list?

If you were on your own priority list, what would you do, that you're not doing for yourself YET?

If you no longer had this problem (of being last on your priority list), what would your life be like?

What are the “red flags” in your life that may tell you that you’re neglecting your self-care?

For instance: resentment, feeling like people are making demands, sighing a lot, feeling low in energy, low motivation, regretting saying “yes” to a request.... The more you can find, the quicker you can act to top up your energy reserves while things are still relatively under control!

How to Set a Self-Care Goal for the Biggest Chance of Success

There is a part of our brain called the “RAS” or “Reticular Activating System” that helps us to achieve our goals.

Have you ever decided to buy a new car (say a black Volkswagen Jetta) and suddenly, that’s the only car you see on the roads? Or if you’re female and you’ve just found out you’re pregnant – suddenly you see hundreds of babies, prams or pregnant women everywhere. It’s not that they were not there before. It’s just that you never saw them before because it wasn’t important to your brain to notice them.

That’s the job of the RAS. It’s like a mini-antenna in your brain. When you make a commitment to reach a goal, your RAS receives the information that this thing/person/place is important to you and like any good antenna would, it starts finding everything related to your goal and brings it to your conscious awareness.

Where you would not even have noticed something before (it was not on your radar, so to speak), your antenna is now closely watching for anything that could help you achieve or bring the goal closer to you. You told it what’s important to you, and it can **bring you opportunities, people, chances and synchronicities that would not have appeared before.**

That’s why it’s so important to set a goal, and have it very clear in mind, when you set out on a new journey. Your subconscious mind (where the RAS is situated) is infinitely powerful and ready to help you – if you know how to use it to your advantage!

*"Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then **Providence moves** too. All sorts of things occur to help one that would never otherwise have occurred. **A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come this way.** Whatever you can do, or dream you can do, begin it. Boldness has genius, power and magic in it. Begin it now."*

WH Murray

Help your Subconscious to Help You

The RAS is like I said, in the subconscious part of your brain, which has an astounding 97% of your brain power. We’ll learn more about the subconscious mind in Module 2. For now, just notice how huge the 97% is against the 2-3% power of the conscious mind where our planning and goal setting happens.

It’s a huge untapped resource that we can use to our advantage, to help us achieve our self-care goals (and any other goal), if we know how. And that’s what you’re going to learn now – how to create a goal in order to help your subconscious mind be most effective at noticing it, bringing it into your awareness and help you to take action towards it. And one of the ways is to write down your self-care goal, clearly stated, in as much detail as possible.

Why is a properly thought-out, well-defined written goal so important?

You may have heard or read the story about the 1979 Harvard Business School study... it goes something like this:

“The 1979 Harvard Business School Graduating Class were asked the following question: “Have you set clear, written goals for your future and made plans to accomplish them?” 3% reported they had written goals and plans; 13% had goals, but not written down and 84 percent had no specific goals. The follow-up, ten years later showed that the 13% who had goals were earning an average twice as much as the 84% who did not have goals. And the 3% who had written goals and plans were earning ten times as much as the other 97% put together.”

Unfortunately, this has now been proven to be a false report. No such study was ever done at Harvard, nor at Yale in 1953, which is also often cited as the source of such a type of study. Yale apparently receives many requests about this, and has therefore posted a link on their website, stating there is no evidence it ever took place.

Fortunately, another scientist, Gail Matthews PhD, from Dominican University (California), reported on her findings in an actual, real study she conducted with 149 participants on the factors which enhance the achievement of business and work-related goals. Her conclusions included without dispute that **those who wrote their goals accomplished significantly more than those who did not write their goals.**

And why is it important to employ the physical senses when we talk goals?

To help us with reaching a goal, it really is imperative to set a “well-formed” outcome, using all the senses to describe what it will be like when we have reached the goal.

The subconscious mind can only communicate with the “outside” world through our five senses. When we give our RAS instructions to start looking for it, and for other parts of the brain to come into play, we need to tell it what to look for. (Like the black Volkswagen Jetta, or a baby – we know exactly what those look like!)

Also - if we haven’t set clear parameters at the start, how will we know when we’ve reached the goal? If we’re playing a game of soccer and there’re no clear goal posts – how can any of the teams score a goal? And what would be the point of playing that game?

So at the start of our self-care journey, we’re going to make sure that we really know where our self-care goal posts are. How will we know what great self-care looks like, sounds like and feels like? If we don’t know that – how will we know whether we’re improving, going backwards, or stagnating with self-care? A general overall idea can work – but I’m guessing you’re here because you really want to learn fantastic self-care in order to fill your energy to lead a joyful life. And that means you’re not going to settle for “overall okay” or “fine”.

As we already said, we need to use our senses to define what great self-care would entail for you. For every person, it would be different. We all have different ideas of self-care and the purpose of this action step is to help YOU get clarity on what self-care is for you – what you would be doing, how you would live your life if self-care was second nature and no longer an issue or challenge.

Shall we get going with this fun exercise?

Below is a set of absolutely magnificent questions to help you get that clarity and describe your ideal self-care vision in detail. That way you'll KNOW when you get there, or when you go off track, so you can gently bring yourself back to your self-care vision.

Define your Self-Care Vision

Define your ultimate vision for your self-care by filling in this set of questions. It starts with “what you don't want” because it's been found we're already easily in touch with things we don't want. You probably know exactly why you're on this course, and what you're sick and tired of. Then, it's very easy to turn those around to formulate what we DO want. Make sure to do this exercise with awareness, patience, and a sense of curiosity. It's not something to just “get done”. It's a vital and fun part of your self-care journey.

Go through this exercise with a sense of enjoyment, dreaming about what it will feel like, look like and sound like. When you get to step 4, make sure to use words like “I see myself...” or “I hear myself saying...” or “I hear someone else telling me that...” Or “I feel a warm solid feeling in my stomach...” or “I feel a soft glow and very, very happy”.

Some of us use our visual sense more, others the auditory sense most and others are kinesthetic, feeling people. Whichever one you use most often, please do include some words to use ALL three of our most important senses. It truly does make a difference in keeping your vision alive and assists you to reach it!

Keep these six important criteria in mind as you're going through the dream-your-vision exercise.

- State everything in the positive for example “I exercise every day”, and not - “I am not lazy to exercise anymore.”
- There needs to be evidence for your vision. For example what's the evidence when I say “I want to be happy”? I can see evidence in a smile, or hear it in a laugh.
- Your vision must be initiated and completed by you – in other words, a goal that says “I want my husband to buy me a massage every week” is not within the goal-setter's control. This will only lead to frustration, unhappiness and broken relationships!
- It's important to investigate the change our vision may bring about, and make sure we're prepared for it. Inner conflict may arise about it, and then taking action towards it will be difficult! For instance because you're so tired of demands right now, you might want to say “I'm going to say no to every single new request” might lead to current friends drifting away. If we're prepared for this possibility, we can work with it – or if we realise this in the beginning of our process and we don't want friends to walk away, we can adjust our vision.
- Crucial: We're going to check that your vision is in alignment with your highest values, and be worthwhile achieving. For instance if one of my values is “honesty” and my vision requires me to be dishonest along the way, it will be a constant struggle. In a similar way, if achieving the goal will not allow me to experience my values (for instance freedom, lightness, joy, love, peace, family time), is it really a goal that will make the effort and hours I put into it, worthwhile? This last point you'll understand more after we've talked about values in the next heading.

So here are the Ten Questions that satisfy all the above criteria. I've used them over and over for myself, when I set a new goal. If something starts feeling "off" in this phase – consider very carefully whether this is a good goal for you.

At this stage, don't worry about those big "f" things called "Fears". We all have them when we set a goal that will lead us into a different direction than we're used to. It's normal to feel scared and have doubts when our new vision stretches us out of our comfort zone. A friend of mine says "It's not really a goal if you know how to get there – then it's just a to-do-list!" Notice any fears that may come up, and find a place to write them down so we can work with them in the next module.

Make your self-care vision juicy enough to stretch you, and still have in mind that you are the person who will take most of the action to get there. I say "most" because I've so often found that when I start working on my vision and take action, many people and events unexpectedly come my way to assist me. And those people may take some action on my behalf, or assist me or get things done for me, or steer me in the right direction. We'll talk more about this phenomenon at a later stage.

For now – if you haven't already, give yourself a few minutes to dream about your personal self-care vision, write it down and answer these questions to have your own well-formed outcome.

My Favourite Definition of Self-Care:

1. What don't I want?
2. What **do** I want instead of each point in the 1st question?
3. What will it do for me/why do I want this? Write down at least 7!
4. How will I know when I've reached my goal? What will it look like, feel like and sound like?
Make a list and make sure to include your senses (eg I see myself, I hear someone else say, I feel warm and fuzzy inside)
5. When, where, with whom am I going to do this?
6. How will this change/transform my life and the lives of those around me? Will it have any possible negative effect on anyone?
7. What's stopping me from having it right now? (list your fears, too, or skills you don't have, or any thoughts that come up that say "I can't have it")
8. What resources do I currently have that will enable me to reach this goal? (e.g. relationships/money/other resources)
9. What additional resources do I need?
10. What are the steps I can take *right now* (even if it's tiny) towards this? (E.g. making an entry into the diary, phoning a friend, obtaining a telephone number for a class ...)

There – if you have completed the above questions as fully as you can right now, you have at your disposal a "well-formed outcome". As you work with your goal, check back in with this amazing piece of work often. It serves as part of the motivation to stick to it, even though it may get tough or feel like you'll never get there!

Determine your Personal Self-Care Compass

“Stress does not result from hard work, long hours, or multiple roles in life. Stress results from values conflicts. When put in a situation where you are unable to honor a value, you will feel stressed out.

No amount of relaxation, meditation, or exercise will eliminate the stress until the values conflict is resolved.”

Jerry Lopper

What are Values?

What would happen if I asked you today to kill your neighbor? I know that’s a shocking question – still, would you do it or run a mile? What would happen if you never touch a drop of alcohol (because a parent was an alcoholic) and I asked whether you’d like to go bar-hopping with a crowd? Agree or not? And what would you say if I asked you to rob a bank? Or choose between a quiet evening at home or a night on the town with a wild, raucous, happy crowd?

Actually, none of these questions are terrible in themselves. If your neighbor killed your child they day before, maybe that question wouldn’t be so far-fetched anymore. If chaos and anarchy broke out, and you had absolutely no money and needed to feed a very hungry and desperately sick child, perhaps the bank-robbery would look more reasonable. Your answers to these questions are neither right nor wrong. They merely point to something we call our values.

Every person’s set of values are completely unique. They may be very close to the values you learnt in your childhood home, or they may swing over to the other side. For instance – if one of your parents were alcoholic, you may have vowed that you’d never touch a drop of alcohol because of all the pain it causes. Or if your parents were very poor and life was a constant struggle, you may have vowed to live a life of comfort and have more than enough money.

“Your personal values are what’re important to you; not something you want or would like to have, but something you literally **need in your life to be happy**. A value is a **principle** or **quality** intrinsically valuable or desirable to you. Values are personal. They are your convictions, your beliefs, and your ethics rolled into one. Your personal code of values may be identical to your family’s values. Or they may be dramatically different.” ~ Jerry Lopper

Our values are born, usually, from the qualities, things or principles that are most **LACKING** for us. As in the example above, if you grew up with a lack of money, enough money may become one of your highest values as an adult. If you grew up with abandonment and rejection, love and affection may become some of your highest values later on. If you grew up with a lot of conflict in the home, peace may become a high value for you. It’s not an absolute rule, however usually what we value most is what we have a perceived lack of. (It works the same in the economy).

The Business Dictionary says “Values exert major influence on the **behavior of an individual** and serve as **broad guidelines** in all situations.”

Most of us really don’t have a very clear idea of what our values are. We may have a vague idea that earning money is rather important, but we don’t know how important it is relatively to say, our

intimate relationship. Or we may vaguely know that “peace” is important – but is it more important than the security of money in the bank?

When we know our personal values, we can start living by them and make our choices and decisions easier by using our values like a compass. If we don’t have a clue what’s important to us, many things that come our way may look important (almost like a bit of “shiny object syndrome”).

Not knowing our values can lead to confusion (what should I choose in this situation?), wasting time, living out of integrity and not understanding why we feel so uncomfortable.

Values can serve as a compass – do I want to go North or South? If a request made by someone is not in alignment with our values, we could have a very unpleasant time if we went along. Something will just feel off because it’s not in alignment with what we really deeply value most. If we make choices and decisions in alignment with our values, we’ll live a joyful life that feels easy, in integrity and authentic.

Goals and Values

Dr John Demartini says, “You stand in the way of your own success when you set goals that are incongruent with your true higher values and have unrealistic expectations in terms of what you want and when. Either adjust your goals to match your values or adjust your values to match your goals. Otherwise **unrealistic expectations can lead to frustrating results and volatile emotions.**”

If your self-care vision includes living a life of leisure, yet your highest value is “taking care of others’ needs” – can you see how that may lead to conflict and frustration?

It’s very hard to stick to actions towards our vision or goal, if that goal doesn’t fit our highest values. At the end of this section, you’ll get a chance to first determine your own values, (a very exciting process!) and then to check whether your original vision for self-care fits your values.

Yes, it may be a stretch to start making choices to suit us, if we’ve been making choices to please others up to now. That’s okay! Just remember that this is a process and we don’t have to “get it all right” in one week. We are works in progress and we can start changing in small steps any time we feel like what we have been doing is no longer working for us.

Knowing our values brings incredible freedom. It relieves us from having to do things we don’t enjoy. It relieves us from activities, people, situations and places that we really would prefer to skip and didn’t know how to decline before.

Knowing our values is one part of the puzzle. The next piece of the puzzle is how to say “no” when we don’t want to comply with someone else’s request. Not to worry – we’ll get to that in Module 4! It’s easier than you think and can bring incredible relief and freedom.

Integrity

A quick word on this important concept because it relates to being able to live from your values. Many people's definition of integrity is "Sticking to what you said you'd do."

In my books, that's misguided. Sometimes we need to change direction because we receive new information and "sticking to our word" is going to cause complete havoc. For instance, I said I'd visit a friend at 7 pm. At 6.45 pm I receive a call that my husband's tore his Achilles tendon. Do I "stick to my word" of visiting my friend just because I said I would? Of course not. I have new information (my husband needs me to be there) and I am allowed to make a new decision with this new information.

What then, is integrity?

The root of the word is "integer" which means "whole". My definition of integrity is "When what I think, say and do are in alignment". In other words – thinking I don't want to visit with a friend because I'd rather be at home (a value) and then saying "yes" to visiting, means I'm not in integrity. I'm not whole in my thinking, words and actions.

When we know our highest values, we can live a life of absolute integrity because I know what's important to me, make decisions based on my values, and don't have to feel bad for those decisions. It makes "yes" and "no" easier because I am really clear on what's most important to me – and no guilt is necessary either.

Remember – our values are unique. No-one's values are better or more valid or more "right" than anyone else's. We need not ever make anyone else's values wrong – we haven't walked a mile in that person's shoes to understand what it took for them to have their values. And in the same way, my values are valid to me, important to me and I want to live by them because of my history, background, education and upbringing. They can never be "wrong" – just different.

Elicit your Own Highest Values

Sit down in a quiet spot. Do some gentle breathing to calm your mind and bring you into the present moment. Just for now, put all the other worries and your long to-do list aside. You can always pick it up again later. This is your time, to discover your values – and it will save you time, tears and frustration in future. Focus solely on this exercise even if it's only for 30 minutes.

For the perfectionists among us, take a deep breath. You can revise and refine your values over time. See this as a first draft. It does not have to be perfect. You can't do it wrong – it can only help you.

Step 1: Get a pen and paper or notebook. Ask yourself "What is truly important to me in my life?" or "What makes me feel truly ALIVE?"

Step 2: Brainstorm a list of ideas. Put down everything you can think of in a list. If it's a sentence like "I love spending time with my grandchildren", shorten it to "family time". Ideally, we want one or two words per value. Don't worry yet about the length of your list, or the order of the words. Just get everything down.

To build your own list from personal experiences follow this process:

- Think of a brief moment in your experience when life was especially satisfying and rewarding.
- What were you doing?
- Who was present?
- What qualities or values were you displaying?
- What did each of these experiences give me? (For instance, getting my degree gave me a sense of *achievement* and I gained *knowledge*)

Step 3: If you're completely stuck, there is a list of ideas you might look through and choose from, in the **Values Examples** document (in the member's area). Do your best to build your own list first. It's tempting to find values on someone else's list that we think we "should" have, or that will look good. This will only take you further away from living your own authentic truth! If you haven't been on your own priority list, you may need a bit of time to get in touch with your own needs. That's okay – we are all works in progress. See this exercise as an exciting adventure in discovering what you really love and enjoy.

Step 4: Ideally, we don't want an endless list – it could complicate things later. Prune your list for now to maximum of 15–20 values. If your list is far longer, combine ideas that are very similar (like rest/vacations) on 1 line or into a single idea. You can also cut out a few that only just made it onto the list. It could take a few passes through to have your final list and that's okay.

It's important that your list includes only things you can achieve, have or feel without requiring others to behave in a particular way. In other words, a word like "super-fit spouse" is not appropriate while something like "acceptance" or "peace" is do-able without expecting another person to be a certain way.

You might end up with something like

1. Health
2. Time with loved ones
3. Compassion
4. Making a difference
5. Awareness
6. Honesty
7. Abundance
8. Delivering great value
9. Simplicity
10. Love
11. Gratitude
12. Fun, joy, enthusiasm, laughter
13. Learning/Knowledge
14. Wisdom
15. Writing/sharing/teaching
16. Peace

Step 5: Now we want to prioritize our values. It might take time and a bit of adjusting to put them in just the right order. Again – take your time, it may take a number of passes and that’s okay!

Our list of values and their priority will keep changing throughout our life. At 20, our first priority might have been to find a suitable partner and at 40, it might be our health. You’re a growing human being, not a slab of immovable concrete. Flow, change and flexibility are parts of life we don’t always embrace by choice. Here’s your chance!

One way of finding the priority is to ask the following: “If I could have only one of these satisfied, which one would it be?” or “Which of these is truly the most important?” Write that one at the top of the list. Then look at the rest and go through the same process until all of them are in an order you’re comfortable with.

If it’s really hard to decide, create imaginary scenarios in your mind. Turn it into a question.

- “If I had only one free night this week, would I rather spend it learning (reading) or talking with my husband?”
- “If I suddenly lost all my money (abundance), could I still be grateful for other things?”
- “Is money really that important to me then?”

Just as an example, let’s say I’ve prioritised my original list into the following order:

1. Peace
2. Love
3. Gratitude
4. Wisdom
5. Making a difference
6. Compassion
7. Awareness
8. Honesty
9. Simplicity
10. Fun, joy, enthusiasm, laughter
11. Learning/Knowledge
12. Writing/sharing/teaching
13. Delivering great value
14. Time with loved ones
15. Health
16. Abundance/wealth/comfort

What kind of life would you say I would lead? Would you agree that business, money and my personal health will take a secondary seat to helping others?

Consider what kind of person might order their list in this way:

1. Abundance/wealth/comfort
2. Delivering great value
3. Fun, joy, enthusiasm, laughter
4. Simplicity, structure

An Honest Look into your Energy Reserves

1. What drains your energy?

It can be an activity, a person, a relationship, a job, a thought, a belief, something you think you “should” do. Write them all down!

2. How can you eliminate or delegate some of those? Write at least 5 options.

3. What increases your energy?

Again – it could be an activity, a person, a relationship, a job, a thought, a belief, a hobby, a place, something you think you “should” do. Write them all down!

4. How can you increase some of those or bring more of them into your life? Write at least 5.

Action Check List

Now it's time to take action as you get ready to live your vision and dream! Let's have a fun week as we start dreaming about self-care in action!

Get Started and Keep Organized

- Mark Your Calendar: Open up your calendar and make note of our weekly calls. We meet each Thursday beginning 18 September until 9 October
- Look for weekly emails with [Savvy Strategies] in the subject line

Access Your Materials and Connect with Our Self-Care Community

- Login to the member's area to locate the Savvy Strategies Dashboard:
<http://savvyselfgrowth.com/amember/login>
- Join in the conversation in our self-care forum:
<https://www.facebook.com/groups/SavvyStrategiesYesAholics/>

What's Your Self-Care Vision?

- Answer the four powerful questions in your journal or in this Action Guide

Define your Self-Care Goal in Detail

- Define your favourite self-care definition
- Answer the 10 powerful goal-setting questions in your journal

Determine Your Compass

- Do the exercise to elicit your personal values
- Fill out the Values Sheet with your 15 highest values in the Member's Area
- Keep it handy in future

Cross-Check

- Is your personal self-care vision in alignment with your values?

An Honest Look at Your Energy Reserves

- Answer the 4 questions to help you look at where you can gain energy boosters and diminish energy drainers

Affirmations

- Pick your favourite self-care affirmations from the list in the Member's area
- Have a self-care sip by sprinkling them throughout your day – make it fun!

Program Content and Support

To access your program materials, login to the member's area and head over to the Savvy Self-Care Strategies for Busy People 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 it become yet another chore to complete (another to-do-list-item) or let it 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. That's the point of this course, right?

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

Warmly,
Liesel