

Savvy Self-Care Strategies For Busy People

Module 2 The Elephant in your Head Action Guide



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Welcome to Module 2 of 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.

What are your Biggest Show Stoppers and Fears around Self-Care?

If we're not aware of them, they will continue to stop us! We can work with these fears and show-stoppers one by one, very effectively, with EFT – once we know they're there!

Rate your Fears below, by writing a number between 0 and 10 in the box. 10 is "I believe it totally" and 0 is "It's not true for me".

1. I'm too busy for self-care []
2. My work gives me a sense of importance/I matter []
3. If I'm not busy, I'm lazy []
4. I'll be called "selfish" []
5. Self-care is for the weak/needy (and I'm not either) []
6. Others/work are more important than I am []
7. I want to avoid conflict []
8. My boss/clients/husband/children NEED me []
9. I can't relax until all the work is done []
10. People won't like me (if I say no/set boundaries) []
11. I feel an automatic urge to offer help (I do it before I know) []
12. Self-care is not really on my list of priorities/values (be honest) []
13. I don't know how to strike a balance! []

Write your own that you discovered during the Call, and their "truth" 0-10:

What's YOUR self-care blueprint?

- What was your Mom's self-care like?

- What was your Dad's self-care like?

- What messages did you get about self-care (words and behaviour)?

- Make a few notes of ideas or memories that are coming to mind

EFT

EFT is a unique stress-relief tool that anyone can learn to get calm about a problem. It helps you to get out of fear and into action.

The comprehensive EFT Quick Start Guide is available in your Members' Area. Read through the entire document and do every short exercise to understand the process. If you've had any contact with EFT before, it will make a lot of sense very quickly. If you haven't had any contact with EFT, the Module 2 Webinar, and Bonus Webinar on Anxiety, will help you understand exactly what to do, especially if you're a visual learner.

In order to learn EFT, you need a "target", like a feeling that bothers you. For instance – someone did something at work, it freaked you out and now you're anxious and irritable. Use EFT as often as possible for bothersome feelings that arise for you during the day. This will help you get comfortable with the process AND help you to go through the day calmly. Self-care in action!

Be mindful that memories of other times that something similar happened, might pop up for you. That's great and a normal part of the process. It's your subconscious bringing you more chances for healing the past, so you can move confidently into the future. Write down those memories and work with them with EFT with "Tell the Story Technique" – I'll do a bonus call on this amazing EFT technique.

Also, choose at least one fear that is stopping you from caring for yourself, and work with that fear this week.

The fear I choose to work on this week is:

How much I believe it/feel it at the start of the week: _____

How much I believe it/feel it at the end of the week: _____

Any thoughts, memories or questions I had as I was tapping for this fear:

Affirmations and Self-Care Activities

The Affirmation(s) I choose to use this week:

Contrary thoughts I get (yes but!) when I say it:

“Yes buts” I’ve tapped for:

The Self-Care Activity I’m scheduling on a recurring basis for myself and that I choose to continue:

I’m choosing this because.... (write 3 things it will do for you)

Action Check List

Let's continue the momentum you started in Module 1, by taking action on the material for Module 2. Every tiny step you take, is taking you in the direction of your dreams!

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 are Your Self-Care Fears and Showstoppers?

- Rate the 13 most common fears in this Action Guide
- Write down your own fears you discovered in the call as you listened to the questions
- What's your self-care blueprint? Answer in the Action Guide or your Journal

Emotional Freedom Techniques

- Read the EFT Quick Start Guide available in the Members' Area
- Watch the **EFT for Anxiety Bonus Webinar**, especially if you're a visual learner
- Decide which self-care showstopper fear you're going to work with
- Tap a little bit every day (5 or 10 minutes) for this fear
- Note any thoughts, memories or questions in the Action Guide

Affirmations

- Choose one new affirmation for the week, read it/say it and tap while you speak it
- If you get any "yes buts" arising for you, make a note of the contrary thoughts in your journal or this Guide
- Work with at least one of the "yes buts" with EFT to clear it out of your system
- Repeat the process until your affirmation starts feeling wonderful to say!

Self-Care Activity

- Select at least one Self-Care activity from Module 1
- Schedule a recurring appointment for that in your diary
- Write down what it will do for you if you stick to it (in this Guide, or your journal)
- I did it!

Share and Get Support

- Share in the Facebook group if you're comfortable. It helps every person in that group when one person shares a challenge, a fear, a success

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