

Choose One Self-Priority Now

Just Experiment Here - You will W:Win or L:Learn.

Self-Priority Definition

Something you want to do for yourself that is within your control and attainable. It could be as simple as a bubble bath, 5 minutes quiet time, or a meal without interruption once a week.

Self-Priority Brainstorm: What's Important To You?

Just jot down 3-8 things that matter to you - things you'd like to make a priority.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Choose One Self-Priority

Review your list of 3-8 options above. Choose one that meets the self-priority definition and write it in here.

Execute

Plan to spend 30 minutes this week on that ONE self-priority you just set. Do it all in one 30-minute chunk. Or break it up 5 minutes a day for 6 days. It doesn't matter. Just give yourself 30 minutes this week. Put this in your calendar NOW.

Make a note to do this one week later

Answer these questions here: How did you do with your self-priority? How did you feel doing it? You spent 30 minutes on your self-priority. What positive, negative, or neutral things happened in your life as a result.

How Did Your Experiment Go?

What was your Self-Priority? Did you W:Win or L:Learn or both? Tell me how this exercise felt to you. I want to make sure everything works well for my readers. Your input is key to that.

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When your child is addicted, it feels like your whole world is falling apart. Barbara Decker knows how this feels. She's been there. Learn how she got through this difficult time on her website. www.livewellandfully.com.

What's Next?



***Join me on my free,
confidential workshop,
How To Encourage
Your Child's Recovery
While You Reclaim
Your Own Life
Using My Breakthrough
Love Another Way™
Formula***



***Save Your
Seat***

Looking forward to "meeting" you soon &
helping you with this important issue.



————— *Barbara*