

Journaling Pages

Fierce Self-Care

Lesson 3: Self-Care for the Spirit

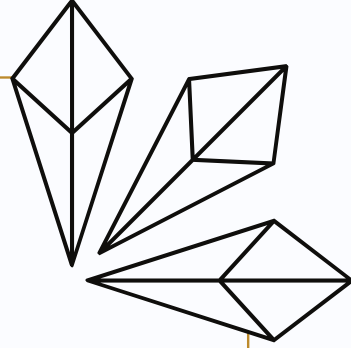
Nurturing your spirit each day is essential. Carve out the time to do those things that connect you to something greater than yourself. Allow that sense of aliveness to be sparked from deep within. And use this opportunity to journal and get more clarity about what lights you up!

What kinds of things does your spirit need to feel nurtured?

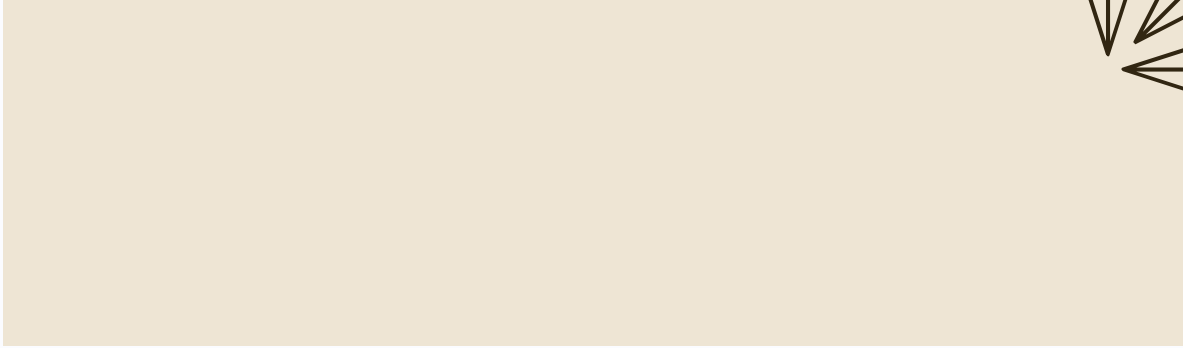
Do you feel as if, in your current daily life, you are able to consistently nurture your spirit?
Why or why not?

YES

NO



How can you make time each day to nurture your spirit?



There is a deep and meaningful purpose for your existence on this planet. Each one of us comes into the world with our own unique set of gifts. Take a deep breath and feel into your soul's purpose. What are you here to do in the world? What gifts and talents are you here to share? Journal about those things here:

