

SELF CARE

Self-Care is an attitude towards ourselves and our lives that says;

I am responsible for the leading or not living my life.

I am responsible for tending to my spiritual, emotional, physical and financial well being

I am responsible for identifying and meeting my needs.

I am responsible for solving my problems or learning to live with those I cannot solve.

I am responsible for my choices.

I am responsible for what I give and receive.

I am responsible for setting and achieving my goals.

I am responsible for how much I enjoy life, for how much pleasure I find in daily activities.

I am responsible for whom I love and how I choose to express this love.

I am responsible for what I do to others and for what I allow others to do to me.

I am responsible for my wants and desires.

All of me, every aspect of my being is important.

I count for something.

I matter, my feelings can be trusted

My thinking is appropriate

I do not deserve and will not tolerate abuse or constant mistreatment.

I have rights, and it is my responsibility to assert these rights.

The decisions I make and the way I conduct myself will reflect my high self-esteem.

My decisions will take into account my responsibility to **myself**.