



FREE

*FREE YOURSELF
FROM
YOURSELF*

SPIRIT

LIFE TALK



CONFRONTING ISSUES WITH YOURSELF

When it comes to being honest with yourself, it can be tough. You're afraid you might just scold yourself for something when you're finally being honest. Here's a simple trick to get out of your head, with no fear. Begin the process and work on it later.

Approach the mirror calmly about a situation you want to change. Try to collect your thoughts prior to making any decisions so you're not feeling pressured or overwhelmed. Speak clearly to yourself about the issue you will change. Make a decision and tell yourself the new commitment. Write down your points so you can discuss them properly with yourself later.

ARE YOU YOUR OWN BEST FRIEND?

Sometimes we meet super positive people in our lives and they don't stay for too long because they're actually a lesson for us. They teach us how to become stronger, and more independent as individuals. They leave and we feel helpless without their leadership. The lesson here is that we should be that person for ourselves. Whatever it is you saw in them that lit you up inside, you need to incorporate that into yourself.

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SOMETIMES YOU ONLY NEED ONE FRIEND

We have that one friend that we can say anything and everything to. We keep that one special friend close, and take care of our relationship with him or her. It can blossom into a greater friendship that can withstand anything, and everything. Together, you can be unstoppable. This friend should be YOURSELF!!

FIND OUT WHERE TO GO WITH YOURSELF

Travel is the most common answer when people are asked, "If you could do anything, what would it be?" Traveling with a person you know you trust can be a real rewarding thing for your relationship for him or her. And traveling with yourself can be all of the same things and more. It can allow for growth and for you to learn more about yourself.

Take the time to go out on a small trip, even just a road trip today. Take a rest with your BFF, {yourself!} somewhere you can totally chill and hang without regard for any judgement. Try to make a good experience out of it by really enjoying every single moment with yourself: your body, your mind, your thoughts, your soul, your energy. Just BE.

TRAVEL



FIND OUT WHERE TO GO WITH YOURSELF

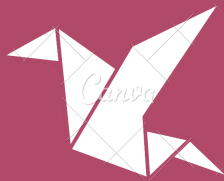
By traveling with yourself you will travel within your mind to new places, new ideas, new movements. When your spine moves in new experiences, it learns new things. The challenges you experience on your trip will tell you about yourself by how you choose to RESPOND to new situations. Are you feeling excited (coming from love) or anxious (coming from fear)?

Take notes on your trip of:
how you're feeling in new situations and old situations (Flying, is it new to you? or old news? How is the traffic affecting you?)

How do you feel?

TRAVEL





SELF CARE GOALS

Goal Start Date

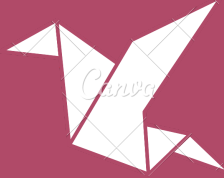
Goal Finish Date

Relationships & Friendships

Fitness & Wellness

Mental Health

Career



RELATIONSHIPS

Goal Start Date

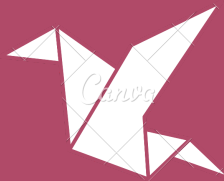
Goal Finish Date

How would you define your current most important relationship?

How happy are you in this partnership/relationship?

**What would you like to change in your current top 3 relationships?
What date will you implement these changes?**

What positive results have come from the changes you have made?



FITNESS & WELLNESS

Goal Start Date

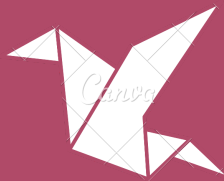
Goal Finish Date

How would you define your fitness and wellness?

How happy are you at this level of wellness?

What 3 things would you change to make better? What date will you implement these changes?

What positive results have come from the changes you have made?



MENTAL HEALTH

Goal Start Date

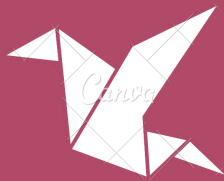
Goal Finish Date

How would you define your relationship with yourself?

How happy are you in this relationship?

**What 3 things would you like to change in your relationship?
What date will you implement these changes?**

What positive results have come from the changes you have made?



CAREER

Goal Start Date

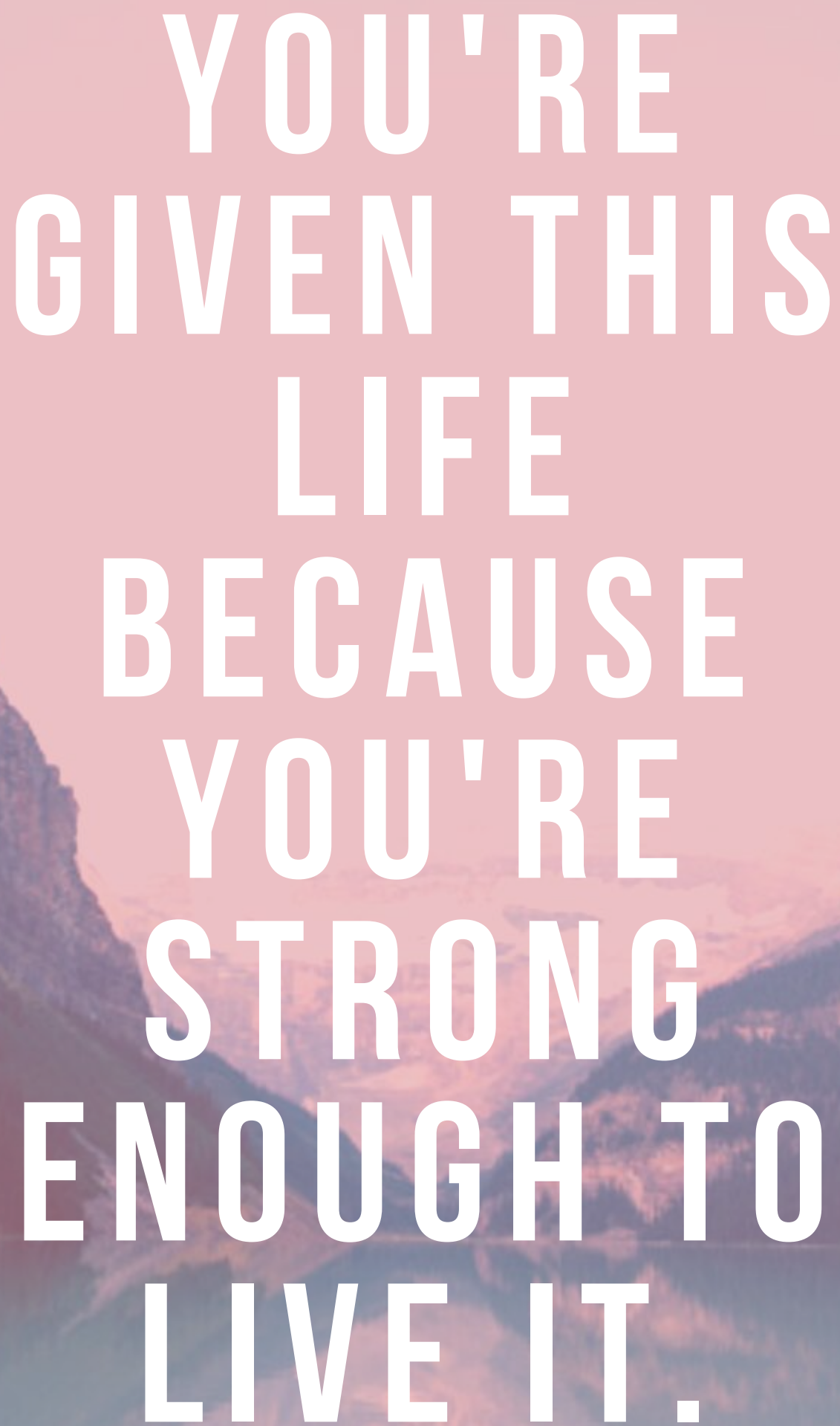
Goal Finish Date

How would you define how you feel about your career?

How happy are you in this position/company/business?

What 3 things would you change in your career? What date will you implement these changes?

What positive results have come from the changes you have made?

The background of the image is a scenic landscape of a mountain valley. The sky is a soft, warm pink and orange, suggesting a sunrise or sunset. The mountains are rugged and rocky, with some snow patches visible. The foreground shows a valley floor with some vegetation and a body of water that reflects the sky and the surrounding mountains. The overall mood is peaceful and inspiring.

**YOU'RE
GIVEN THIS
LIFE
BECAUSE
YOU'RE
STRONG
ENOUGH TO
LIVE IT.**



**YOUR LIFE
IS NOT ALL
REDBOX AND
DOMINOES;
GOOD
THINGS
TAKE TIME.**



**GIVE
YOURSELF
PERMISSION
TO
STOP, LISTEN
& REFLECT
ON YOUR
ACTIONS.**