



WARRIOR GODDESS

Anti-Resolution Challenge

Day 6

Needs: Name the yearning, sweet one

When we start noticing what we need, we can get ourselves out of strategy and into centered choice. After you do the exercise below, take one little action to give yourself what you need.

I think I need...

I really need...

Action...

Here are some examples:

I think I need: to deep clean my kitchen and pantry

I really need: is to go for a walk and do one hard thing on my to do list

Action: Walk around the block, dance to my favorite song, and make that phone call

I think I need: to work out harder

I really need: to slow down and do restorative yoga

Action: Balance workouts with gentle stretching

I think I need for my partner to be different and read my mind

I really need to have a conversation with them about where I feel vulnerable today

Action: To self soothe first and then set up a time to talk with my partner

I think I need to never allow myself to be hurt by another human again

I really need to take some time to reflect on what happened without blaming myself

Action: Call a friend that can help me untangle and get more clarity



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Now make your own (as many as you like!):

I think I need: _____.

I really need: _____.

Action: _____.

I think I need: _____.

I really need: _____.

Action: _____.

I think I need: _____.

I really need: _____.

Action: _____.

I think I need: _____.

I really need: _____.

Action: _____.