



WARRIOR GODDESS

Anti-Resolution Challenge

Day 7

Possibility: Name the potential and dream creative solutions

What happens when you nourish and soothe yourself? The whole world opens up. Use these statements to help you see the cause and effect of true self-care.

Prompt:

When I nourish myself in [insert your own words] way I become more available to [insert your own words] so I can [insert your own words].

Examples:

When I nourish myself by slowing down I become more available to the people around me to truly listen so I can respond from the present rather than the past.

When I nourish myself by walking each day in the woods I become more available to my own intuition so I can stay centered in my social activism work.

When I nourish myself by having hard conversations in the moment I become relaxed so I can make better boundaries and take down old armoring.

When I nourish myself by letting go of the illusion of being the perfect parent I become more available to show up for my two-year old's true needs and hold space for their tantrums and tears more gracefully.

Now it's your turn!

When I nourish myself in _____ way I become more available to _____ so I can _____.