



# 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 \_\_\_\_\_.