

Transformational Self-Care for Women: *3 Keys to Filling Your Cup in 2016*



With Meggie Winchell, M.Ed.
www.soulcenteredlifecoaching.com

You could be anywhere doing anything right now. And you've chosen to be here and now. I am honored and I welcome you! I so look forward to sharing this time together. To get the most out of this experience, give yourself the gift of a little quiet space and a cup of your favorite tea. Bring a pen. Be truthful with yourself. And enjoy!

* * * * *

~ What exactly is "Transformational" Self-Care?

Fooling Yourself	The Real Deal

~ Breaking Free of the Story that Self-Care is Selfish and Selfish is Bad:

-

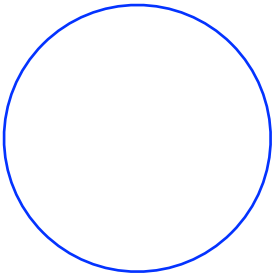
-

-

-

-

-



-

-

-

-

-

-

3 Keys to Filling Your Cup in 2016

#1 _____

What's so scary about acknowledging the whisperings of your soul?

What's the worst thing that could happen if you asked for what you really want?

What happens if you never ask?

I invite give yourself permission to ask the question: What is it that would delight your soul? What would truly feel like Transformational Self-Care? Give yourself the space to listen for the answer. Write it down and keep going-- make a list!

#2 _____

Compassionate Honesty: What must you have been believing to have created a life that leaves you thirsty for self-care?

Old Limiting Stories:	New Empowered Beliefs:

#3 _____

A. Most often the easiest way to weave more transformational self-care into your life is:

B. Being realistic supports your success:

3 Simple, Small, & Easy:

-

-

-

2 Medium Effort & Worth It:

-

-

1 Stretch That Excites You:

-

C. Real-Deal Calendar Strategies:

D. Real-Deal Accountability Strategies:

Ready for more? Awesome! **Apply for a complimentary Breakthrough Session** and

I'd be happy to help you get really clear, really fast on your next steps.

Apply here: www.soulcenteredlifecoaching.com/breakthrough