

Summer Project 2021

The Project of life



Supporting Your Wellbeing

Having a good wellbeing is like cars needing petrol and an engine to make it work, and we thrive on feeling at peace with ourselves, but with so much going on in our lives, this is not always possible.

We forget about ourselves, yet we are forever growing and being kind to ourselves is needed in order to see what you can accomplish in your life and deal with the setbacks, without falling apart.

For one we don't give ourselves credit and neglect ourselves, not having a shower cause you have to get your children ready, you hardly spend money on yourself and buy from other people, you don't rest and feel wiped out but you stop these thoughts to keep going and then you look at yourself and despise ourselves.

I want to help you have a good summer and to feel better about yourself and be prepared for the rest of the season of the year.

Neglecting ourselves

Do you neglect yourself? Write down 5 things you do that you wish to stop that is causing you to neglect yourself.

1

2

3

4

5

Who in your life makes you feel good about yourself and who don't?

How often do you treat yourself to items that you love?

Do you feel empty in yourself and fear you have nothing to give?

Yes/No

