



## Thousands of Clients In 160 Countries Trust the International Chronic Pain Institute™

We are the only Chronic Pain Organization that Features the Pain Free Living Program Method offering Virtual Services for Healing Chronic Pain, Depression, Anxiety, Trauma, and More.



DEBORA WAYNE  
Founder and CEO  
Pain Release and Energy  
Healing Specialist

### Massive Clearing Marathon Workshop Self-Care Tips Worksheet

#### People often ask me what I do for self-care...

Real self-care is what helps YOUR body/mind/spirit feel more alive, calm, centered, grounded, clear, light, relaxed, safe, excited, joyful, playful, curious, expanded, free, creative, happier, inspired, and where you lose track of time because you are SO in the present moment. **EXPLORE and find what Lights YOU up!**

**REMEMBER:** Your body is designed to heal and come back into balance, physically, mentally, spiritually, energetically, emotionally when it's in these "higher" vibrational emotional states regularly not just every once in a while.

(And yes, these states of being can even help bring balance back into finances, relationships, career, and your sense of purpose).

**REMEMBER: Self-care isn't selfish.**

It's how you stay grounded and connected to the most important relationship you have....the one with your deep inner self. When life pulls you in a hundred directions and everyone needs you, that is when self-care is most important ! If you aren't taking care of yourself, eventually you won't be able to be there to help others either.

**Your energy is the key to your health. Look after it like a precious strand of jewels!**

**WRITE DOWN THE ANSWERS TO THE FOLLOWING QUESTIONS** to activate your self-care skills!

(Writing them down is very important. Don't just think about them. Write down your answers).

1. What does "self-care" mean to you?
2. How do you rate yourself on a scale of 1 - 10 with 10 being "my self care is great! " and 0 meaning, "what the heck is self-care" ? :)
3. Do I place myself at the top of my To Do List EVERY day, occasionally, or never?
4. If just occasionally (or not at all), Why? Why is my own self-care not at the top of the list?

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5. Where did I learn to practice self-care or ignore it?
6. What belief/beliefs would I have to have in order to NOT practice self-care?
7. How does not taking time for self-care make me feel?
8. Where do I put those emotions? What do I do with that emotional energy? How does it show up in my body, mind, spirit?
9. What's in it for me when I DO self-care?
10. How does it affect me when I DON'T DO self-care?
11. What is my favorite self-care?
12. What is my least favorite?
13. Where can I improve my self-care routine?
14. What (or who) holds me back from taking care of myself better?
15. What motivates me to do self-care?
16. Do I need pain, anger, anxiety, panic, fear, exhaustion, or other symptoms that feel horrible for me to finally take care of myself?
17. Where could I use more support in my life?

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HIGH SPEED HEALING™

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### *So here's your invitation and suggested next steps.....*

- Make One shift.
- One small change. One.
- One act of self-care that's just for you!
- Start TODAY, RIGHT NOW!
- It's not so Hard.....(I heard you thinking that :)
- The KEY ? (HINT: It's Willingness, not How :)
- There's only one question to ask yourself.....***Are You Willing? (If you get a NO, I'm not willing, then please reach out for more support and let's get to the root of your resistance so that you get out of your own way and start to feel better, healthier, stronger, happier, and live your best life!***

**SENDING YOU SO MUCH LOVE....**

DO NOT DUPLICATE

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