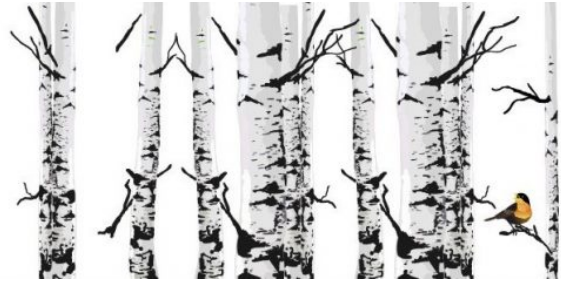


Kathleen Robb



*State with conviction: "I am going to have Me Time EVERY day"*

*Write down the thoughts you have in response to this statement:*

*Consider these thoughts - what do they say about your BELIEFS about giving to yourself?*

*It's time to take a stand! Write down a clear rebuttal for the thoughts and beliefs that limit your self care:*