

I Do, I Dare, I Deserve, I Desire

What's On My Plate Today?

Aware, Acknowledge, Accept



- ♥ What's on my plate today? How do I feel about it? Energized, overwhelmed, indifferent? Why?
- ♥ When I am feeling this way, what is the best thing I can do to take care of me, without trying to change anything about myself or my mood?
- ♥ What would happen if I didn't do anything today? In other words, I just let my "to-do" list go for today?