

# PHASE 5

## LOOKING AFTER YOURSELF

How could you look after yourself?

Go to a Spa	Have a massage
Do Yoga	Do Pilates
Read a book	Do some meditation
Talk to a Coach	Talk to a Counsellor
Talk to a Friend	Buy some Chocolate
Go for a walk	Sleep in
Go to bed early	Watch a movie which makes you laugh
Buy yourself something new to wear	Buy a perfume
Have Reflexology	Have a facial
Go away for the weekend	Pick up the phone and talk to a friend
Walk along the beach	Take a walk in the hills
Go for a swim	Light some candles
Play soft music	Play uplifting music
Go to the hairdressers	

What have you come up with to Looking after Yourself?

When are you going to do this?

Is there anyone else involved? If YES, who is it?