

# I Do. I Did. I'm Done!

---

## MODULE 4: TWELVE SELF-CARE REMINDERS

---

You know it's really easy to get caught up in the drama of our daily lives. And the drama always comes at the cost of our sanity and our health.

Ever wonder why when you are stressed out you seem to always get the latest bug that is going around? Or that when you are in panic mode you can't sleep and then feel like crap and every decision seems monumental?

Well, I am here to tell you that most of that can be avoided by taking care of your mental health and physical health. That putting yourself first is ok and not selfish and that taking control of your life in every way is a must.

So follow these 12 simple steps and start on the healing road of taking care of yourself!! This time as you negotiate and navigate through your divorce can bring you to your knees.

This is a time that you need to be at your best, emotionally and physically. And it starts right now.

With Much Love,

*Maria*

12 Steps Quoted By Steve Achison

[WWW.LIVINGYOURTRUTH.CA](http://WWW.LIVINGYOURTRUTH.CA)

# I Do. I Did. I'm Done!

## MODULE 4: TWELVE SELF-CARE REMINDERS

**TO CHANGE YOUR LIFE, YOU NEED TO CHANGE WHAT YOU ARE DOING AND CHANGE HOW YOU THINK ABOUT YOUR CURRENT SITUATION.**

Print and cut these reminders out and put them all around your home and work where you will see them so you can constantly remind yourself of your self-care practices, throughout the day!

1. If it feels wrong,  
don't do it.

2. Say exactly  
what you mean.

3. Don't be a people  
pleaser.

4. Trust your  
instinct!

# I Do. I Did. I'm Done!

---

## MODULE 4: TWELVE SELF-CARE REMINDERS

---

5. Never speak  
badly about  
yourself!

6. Never give up on  
your dreams.

7. Don't be afraid to  
say NO!

8. Don't be afraid to  
say YES!

# I Do. I Did. I'm Done!

## MODULE 4: TWELVE SELF-CARE REMINDERS

9. Be kind to yourself.

10. Let go of what you can't control.

11. Stay away from drama & negativity.

12. LOVE