

**Selfing - Change your
habits - change your life.**

The Journey

Week 3

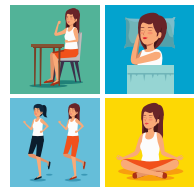
Plans, Goals, and Dreams



The Royal Womb

Thank you Heather Bruce For Your Work

Balance Journaling



Look to 8 hours sleep, 8 hours work, 8 hours play. For many, this is not ideal; however, do your best; many have a long commute or work two jobs, money is an issue for many households.

We have an **in-house opportunity** for you to help others who are dealing with womb woe, which will allow you to change the financial direction of your life over time.

Sleep – may be more of an earlier beginning - Get up with the sun, and gift yourself the first hour of the day to YOUR life.

A) List all that is not there, but you know it needs doing – when it gets to squeeze in somewhere. Observe how you feel. Are you pressured or even resentful when a person ‘spend’ what is so precious – **time**.

The time is being used up – in ways you may find being wasted or create dramas with whatever is being juggled.

B) - There may be also a list of what you used to do/had time for and can no longer imagine doing –

1. Where would you? Observe how you feel about this -OK – or you are not OK?

C) - Another list - what you could do if.

1. That extra two hours were not being carved out of the sleep time.

D) - Redo this exercise for your life from three weeks ago.

See what you have shifted. Then, congratulate yourself as these changes may have been hard-won.

Listen to your heart - Soul connection:



1. In quite a selfing time, start a pondering journal and, in clear spaces, record communications.

Let it flow. What is your heart's desire for the life you have now? Is there a mission that is bubbling quietly? Do you have dreams, and how long have they waited? Ask yourself - Is now a good time? How long to wait - why are you here, and even reading this?

You are decluttering your priorities:

What can you drop?

How can we make more space?

While we all have 24 hours and seven days a week - you choose to spend your time differently.

Where would/could you fit in some of your 'wish lists?

The Royal Womb

Gratitude To Heather Bruce

If you are with a domestic partner or living with children – print out a sheet also up for them – as a family project on the table would be great. We likely need to share the load. We are growing into a family/tribe that values time as a resource and recognizes that service to others is necessary.

What can be delegated___?

What needs to go to allow___?

What could be done if___?

Spend time as a group to play with the time to include a daily family connection.