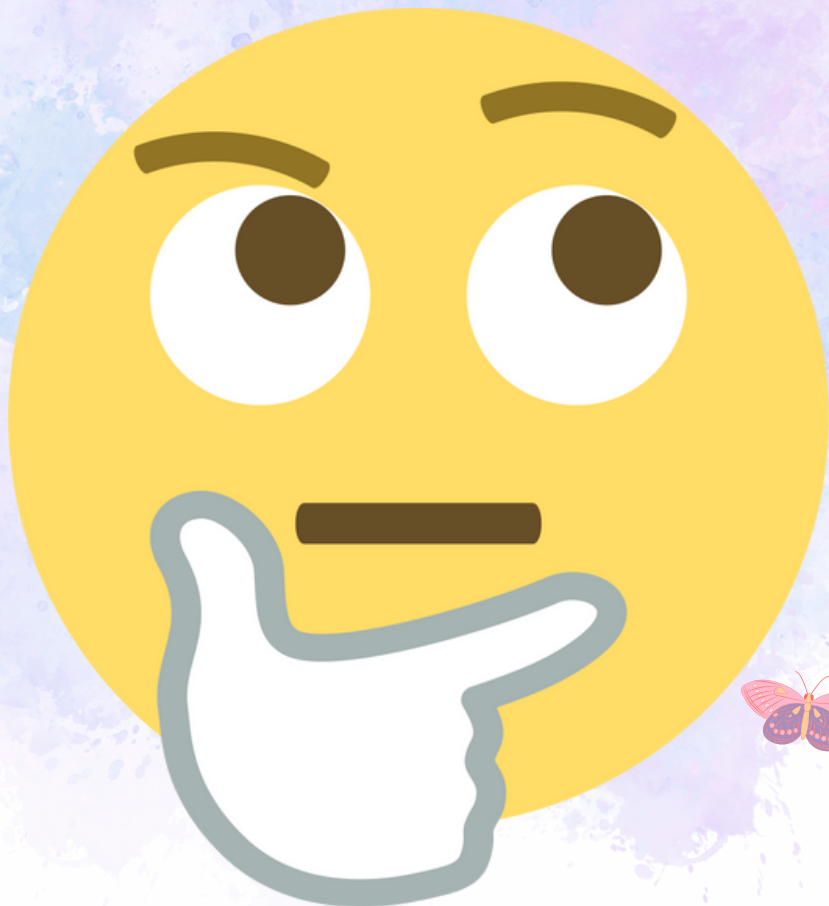


**Selfing - Change your  
habits - change your life.**

# **WHAT NEXT**

## **Week 4**

**CHANGE MORE**



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**Thank you Heather Bruce For Your Work**

# 1. Taking charge of yourself:



Even the slightest shifts may profoundly affect all else.

Life is dynamic – let your life meld with your new life Habits – are they needed?

A different route to work/ how you get there – can you get yourself in a cycle to add in exercise so your body moves more?

Do something you have never done (even considered) before. Is there a more innovative way you can find to get out of routine?

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Life can become a game again – as when you were a little child.

**Explore possibilities** (wake up to life). What can you do a little differently right now?

Expand who 'you' are/can be.

Don't wait for life to push you. Please DO it.

## 2. Comfort Zone



Extend yourself - and who you have felt was you. Who says? You are the keeper of that cage – does it still fit?

Look back – at the **Minute Sheet** –  
and maybe see what else you can  
shift.

Maybe adding in the extra hour AT  
NIGHT as well as the hour you carved  
out for yourself – what could you do  
with that?

Or take out of sleeping time – or  
selfing time – another hour that is  
**YOURS.**

Whose life is it? Maybe you need to  
relook at what is called 'work' and  
see why you are there.

Financial reward?

Upskill – and demand more - of your  
sense of worth, How? These hours to  
be you – not to passively be part of  
an audience of a life lived by others

**YOURS.**

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### 3. Take a break.



Spend more time with yourself.

Rediscover your own company.

Leave your phone behind.

Let your walking uncover you –  
minus distractions.

Cast your mind backward through  
life progression, when you had only  
you learning to be. Then, look back  
to exploring your life library.

What happened, and when and  
what residue do you carry forward?

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**Self Discovery.**

**WALK** at  
your own

**PACE**

Step out daily on your walk to  
yourself.

Become more of you, the real you  
hiding on the inside.

. If not now – when?

I believe  
in you  
Take  
care  
of yourself

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