

UNIVERSITY OF SANTA MONICA

LIFE MASTERY AND SOUL-CENTERED LIVING

CULTIVATING SELF-NURTURING ATTITUDES, CHOICES, AND WAYS OF BEING—SERVICE TO SELF

I am consistently treating my Self with loving kindness and Self-respect,
knowing I am worthy of giving and receiving my own time, attention, and loving care!

Name: _____ Date: _____ Quality: _____

Affirmation: _____

As part of my loving Self-caring this week,
I AM nurturing and caring for my Self by:

	M	T	W	Th	F	S	S	Summary	M	T	W	Th	F	S	S	Summary	M	T	W	Th	F	S	S	Summary
PHYSICAL																								
MENTAL																								
EMOTIONAL																								
SPIRITUAL																								