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EMPOWERMENT



Living Your Limitless Life Archives Available

**May 10th 2020: It's All About Self-Care –
Learning to Schedule Your Life to Include
Yourself**

Too busy with the rest of your life for self-care? Do you ever plan fun time for yourself when you don't worry about what you SHOULD be doing? So, who takes care of you if you don't? This show asks 4 questions to get you on the path to self-care and gives you the 5 biggest reasons people don't take the time to take care of themselves. It even gives you a chance to look at your schedule and gives you helpful hints on how to fit yourself into it. By the end of the show you'll even have 20 or more ideas on how to recharge, refresh and reenergize your life!



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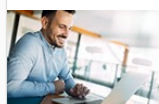
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