



DATE YOURSELF

Write a list of 10 things you **ABSOLUTELY** love to do. You know, those things that just make you feel all warm and fuzzy inside? Maybe it's lighting candles, playing 80's love songs and splashing around in the bath? Or maybe it's putting your onesie on and watching the entire **ROCKY** series. Whatever it is, treat yourself at least once a week to a date with **YOU**. Take yourself out on the town, or have a romantic evening in- whatever you love to do, do it. Don't wait for someone else to nurture you; you've got yourself for that.

Create your DATE LIST. What are 10 things you absolutely LOVE to do, that you can enjoy by yourself?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

When, in the next week, are you going to take yourself on your first date?

_____/_____/_____

What time and day could you commit to every week, for an hour or two, for a personal date?

Every: _____ (day of the week)

At: _____ (time of day)

REFLECTION QUESTIONS: WEEK FIVE

If you want, you can send all answers to bridgmethod@gmail.com
with subject: ACCOUNTABILITY WEEK FIVE.

1. What did you find most challenging this week? Why?
2. What discoveries did you make in the mirror exercise?
3. What was the most rewarding part of this week?
4. What am I committing to for next week in terms of self love?
5. What came up for you this week around the Meditation Practice?