

RECOVERING SOUL WORKBOOK

52 SOUL AWAKENING LESSONS

Lesson No. 20

PRIORITIZE YOURSELF



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PRIORITIZE YOURSELF

PURPOSE

For an audio version of the lesson, listen [HERE](#).

The purpose of prioritizing yourself is getting in the flow of making room for yourself. What's important about this is that you get intentional about making yourself a priority. The benefit is that when you prioritize you, you get in the groove of making consistent space for you and your heart's desire. The more you practice prioritizing yourself, the easier it gets to take care of your matters of the heart. Imagine knowing just what and how to prioritize yourself first and that this prioritization actually makes things better for those around you.

ACTIVITY

Follow this process to receive maximum benefits. For an audio version of the exercise, listen [HERE](#).

Find a comfortable spot and go within. Drop from head to heart. And take a few moments to just be. Be with yourself. Be in the stillness. Know that the stillness supports you. All your "doing" takes you from your being so remember to come back to this place often throughout the day. Putting your hand on your heart, closing your eyes and conscious breathing can help you center yourself. This is your new normal. You take on the day from your centered place. You don't have to figure out what to prioritize, it will be revealed to you. Simply ask. Ask what wants to be prioritized for today. Go ahead...what wants to be prioritized today. You will be guided and provided for...

And so it is.

Advanced skill would be being in full acceptance through the day.

APPLICATION

Practice 4x this week by asking what wants to be prioritized.

What came up for you around prioritization?

Share what you noticed at least 1x this week in our FB group.

[illegible]

Journal

What needs to be prioritized right now?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

"The key is not to prioritize your schedule but to schedule your priorities."

STEPHEN COVEY