



SELF-CARE ISN'T SELFISH - IT'S ESSENTIAL

POP QUIZ!!!



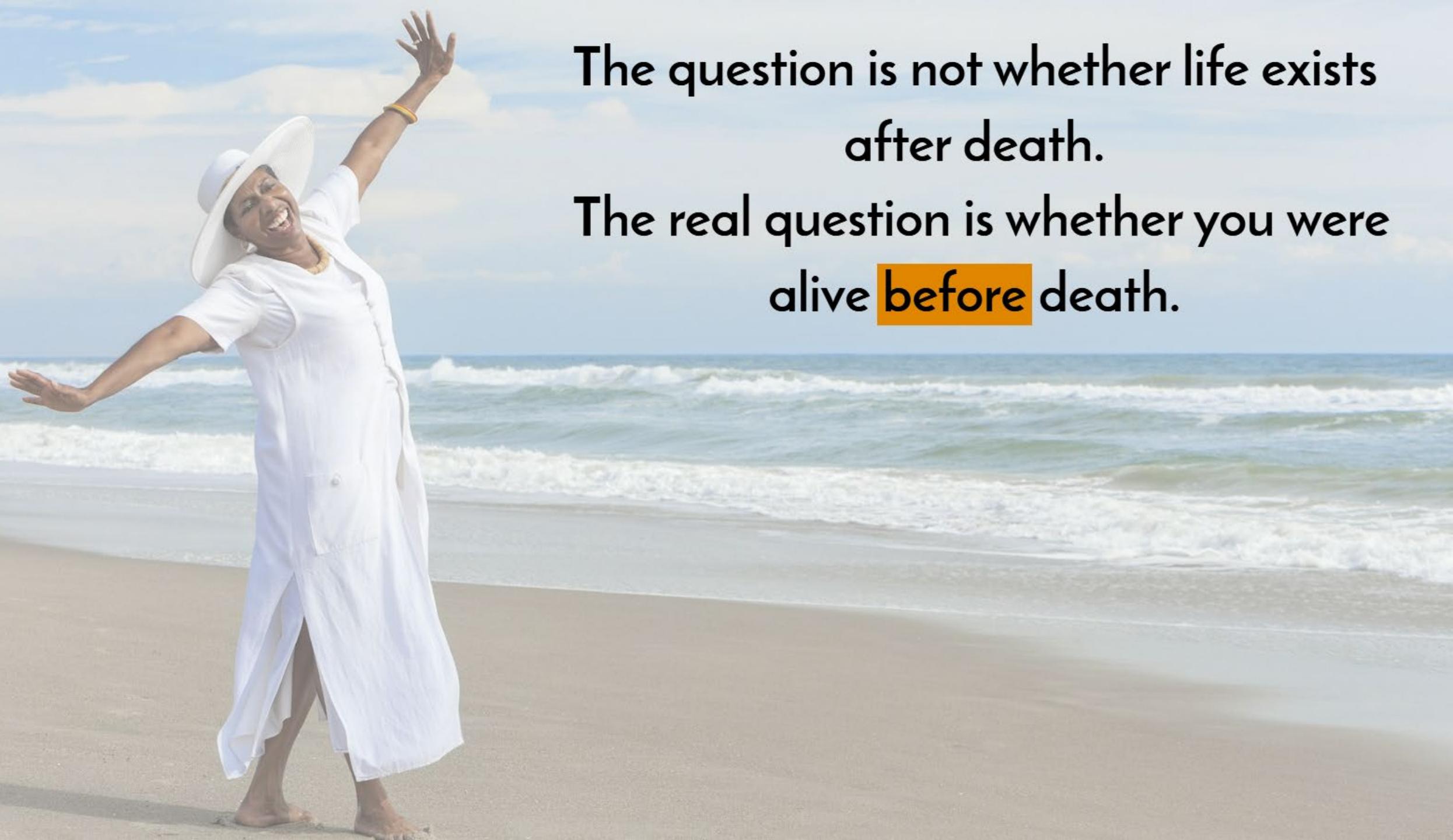
TRUE OR FALSE

Just because you are breathing doesn't
mean that you are alive.



EXISTING





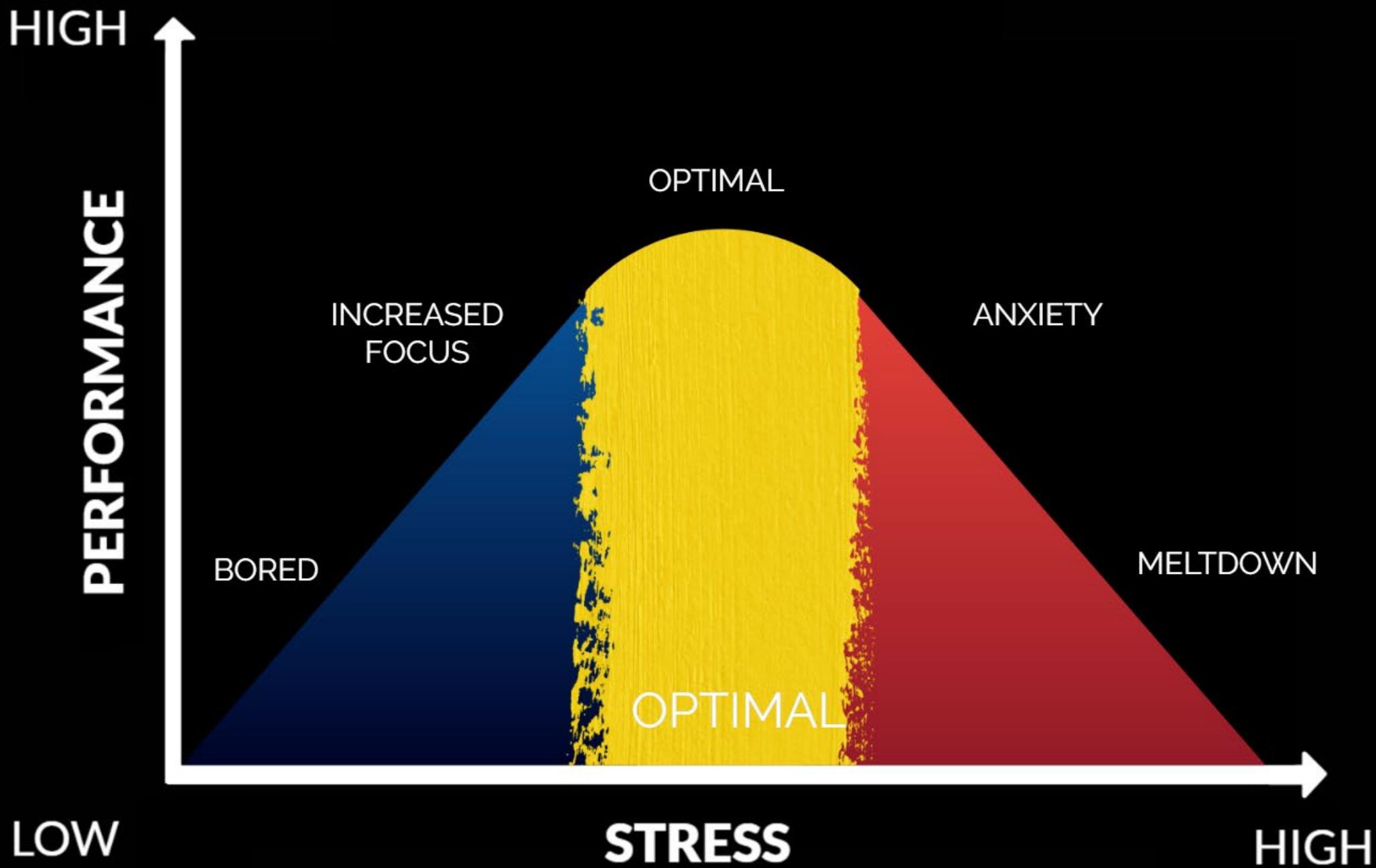
The question is not whether life exists
after death.
The real question is whether you were
alive **before** death.



TRUE OR FALSE

You will perform better under moderate levels
of stress rather than no stress at all.





TRUE OR FALSE

You stress over things that you can't control.



REGAINING CONTROL

LET GO OR BE DRAGGED



Identify your greatest source of stress: _____

IN MY CONTROL	OUT OF MY CONTROL

Which side was longer? _____

How much time and energy do you spend on the things that are out of your control?

What did you learn about yourself through this activity? _____



ALLANKEHLER.COM



allan@allankehler.com



+1-306-612-3233

TRUE OR FALSE

Unless someone is wearing a diaper.

you can't change them.





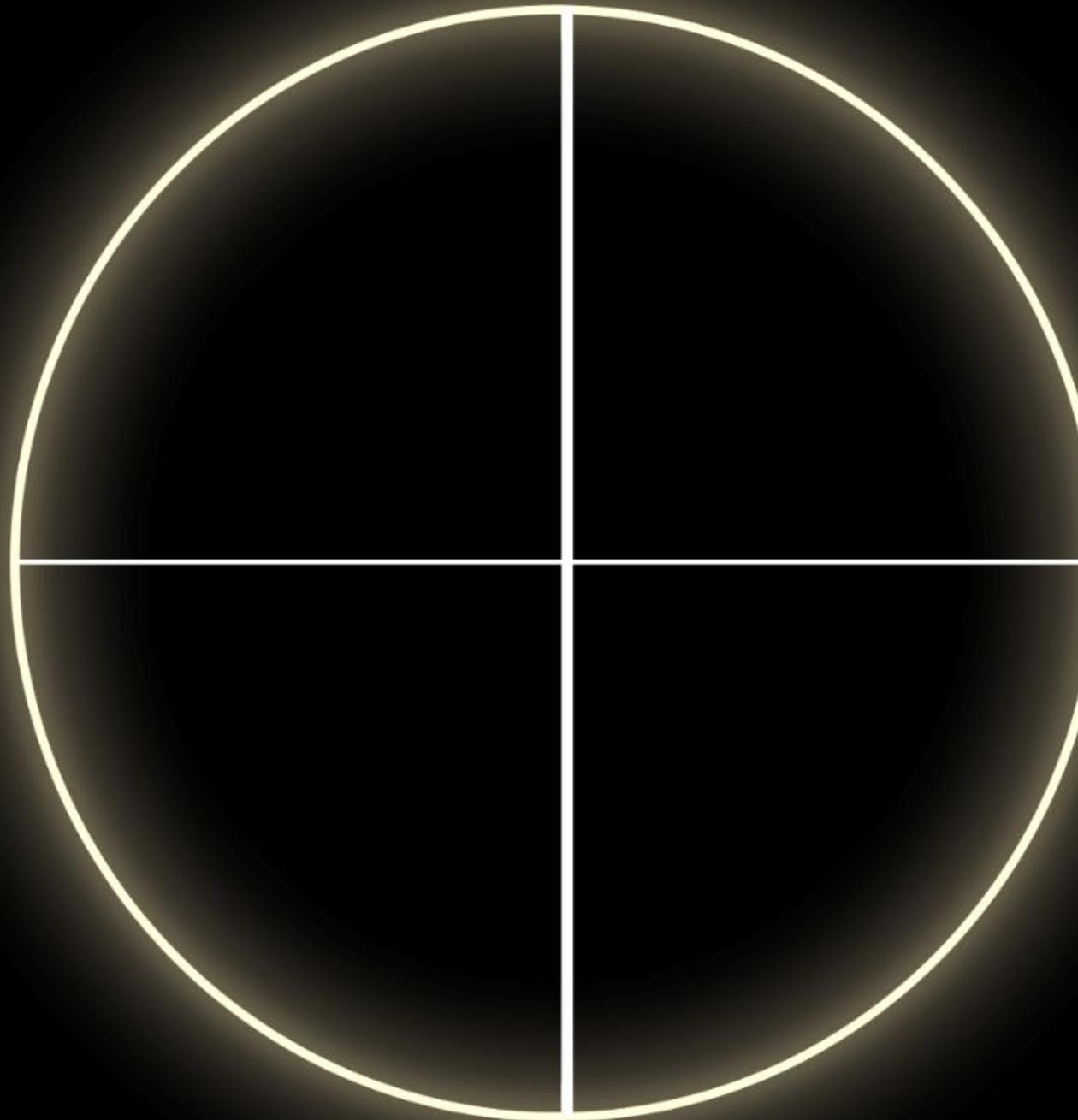




TRUE OR FALSE

You are currently leading a life of balance.







MENTAL

I'm exhausted



MENTAL

I'm exhausted

EMOTIONAL

I'm drained



PHYSICAL

I smile

MENTAL

I'm exhausted

SPIRITUAL

I'm dead

EMOTIONAL

I'm drained

THE BALANCE WHEEL

A HOLISTIC APPROACH



Based on our discussion, rate each of the four areas on a scale between 1 and 10, with 10 being the most satisfied.

Physical	1	2	3	4	5	6	7	8	9	10
----------	---	---	---	---	---	---	---	---	---	----

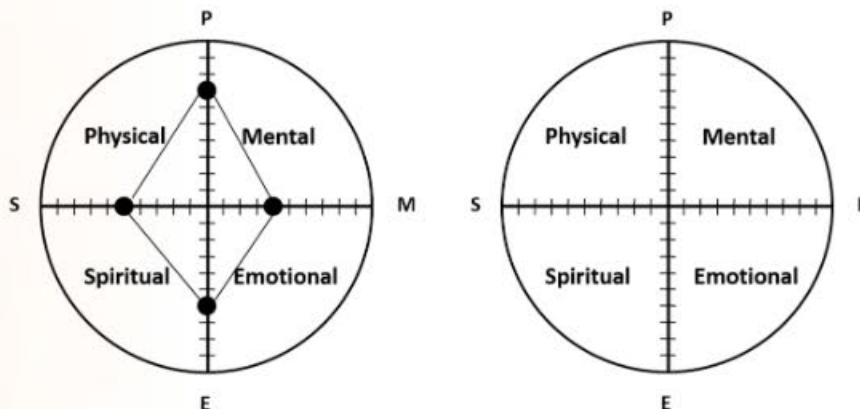
Mental	1	2	3	4	5	6	7	8	9	10
--------	---	---	---	---	---	---	---	---	---	----

Emotional	1	2	3	4	5	6	7	8	9	10
-----------	---	---	---	---	---	---	---	---	---	----

Spiritual	1	2	3	4	5	6	7	8	9	10
-----------	---	---	---	---	---	---	---	---	---	----

Chart your answers onto the blank right diagram below based on the numbers above, and place a dot on the appropriate line in each area. 0 is on the inside, 10 is on the outside.

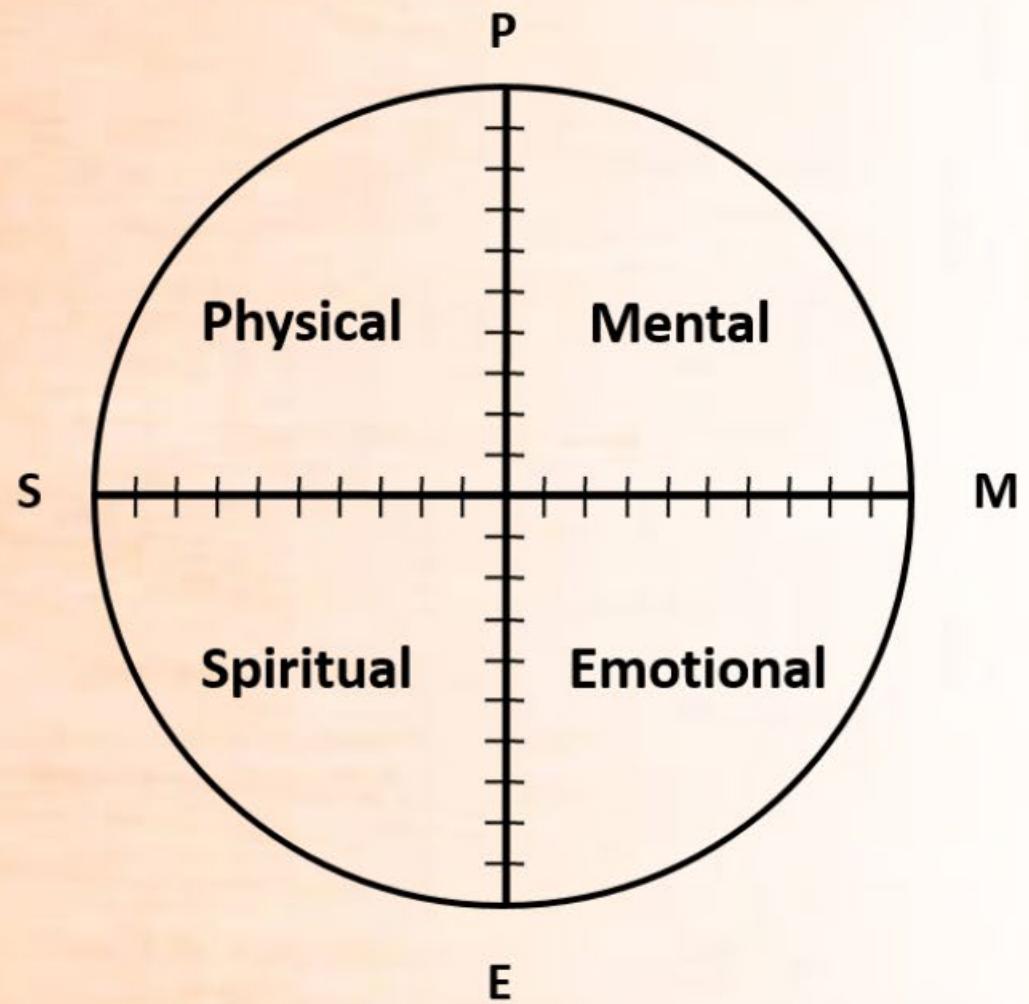
Once completed, connect the dots. The diagram on the left serves as an example.

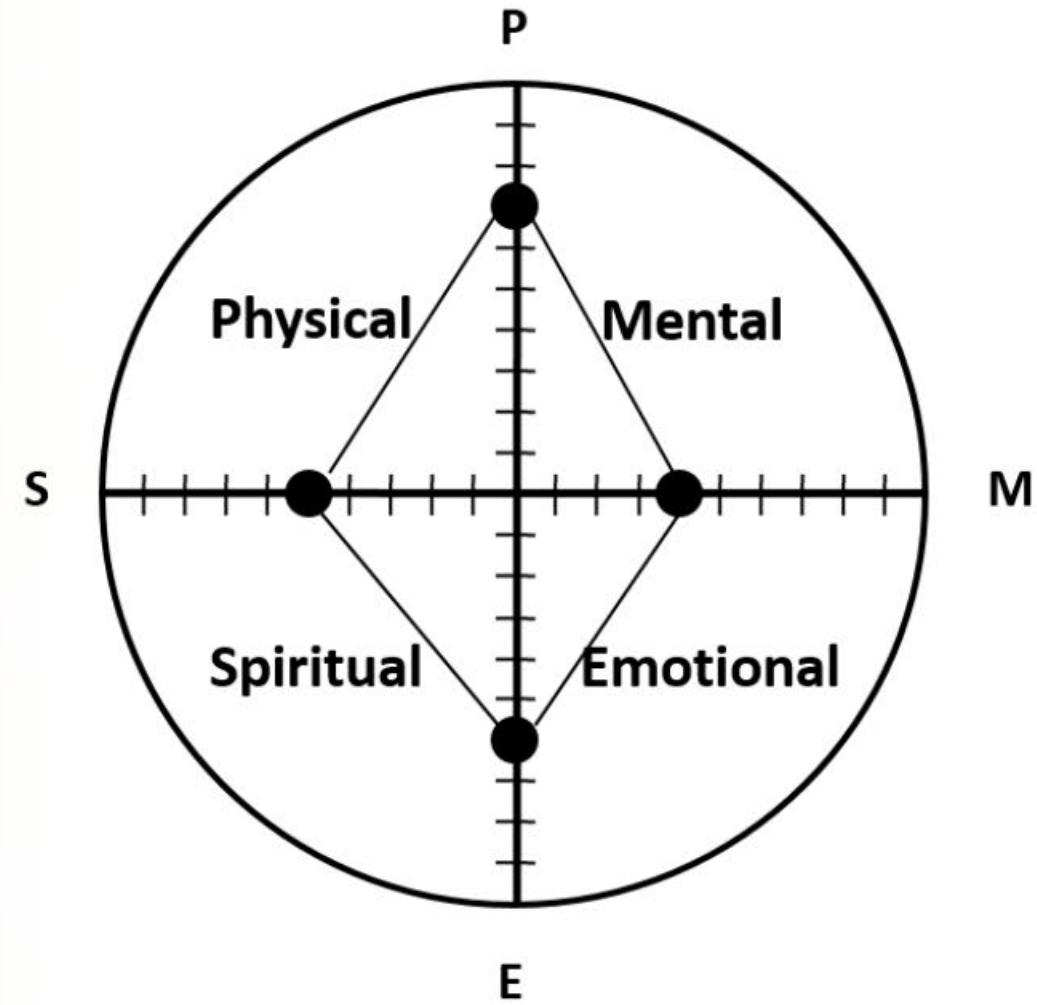
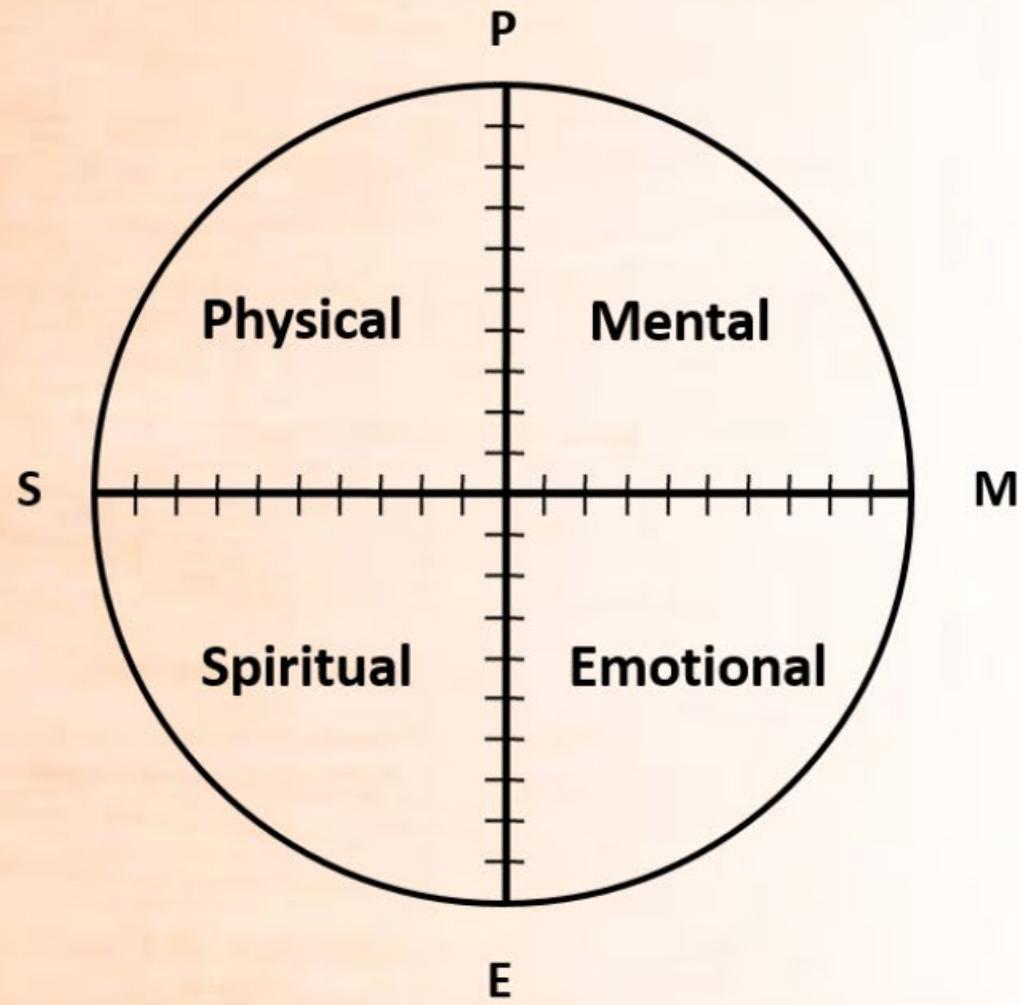


Which area would you like to change the most? _____

How would this cause your life to be different? _____







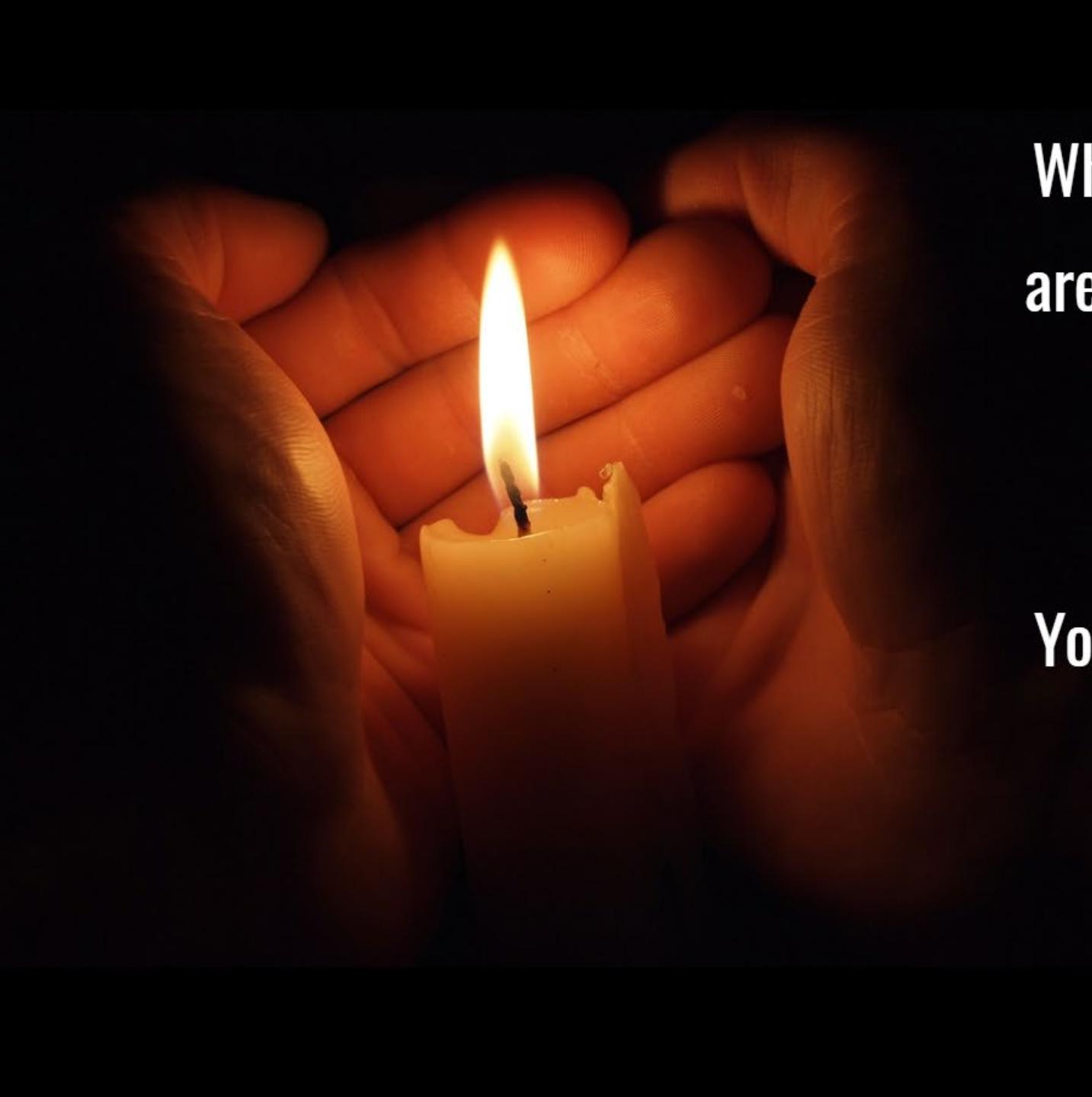
TRUE OR FALSE

You feel guilty when you place your own needs
before the needs of someone else.





TAKE
2%
FOR YOU



When you are resting because you
are burning out, remember you are
not wasting your time doing
nothing.

You are doing exactly what you are
supposed to be doing.

RECOVERING.

TRUE OR FALSE

When your stress increases,
your self-care decreases.



WHEN WE TAKE TIME
FOR SELF-CARE



WHEN WE TAKE TIME
FOR SELF-CARE



WHEN WE NEED TO TAKE
TIME FOR SELF-CARE



TAKE

4





1

FACE



1

FACE

2

SHOULDERS

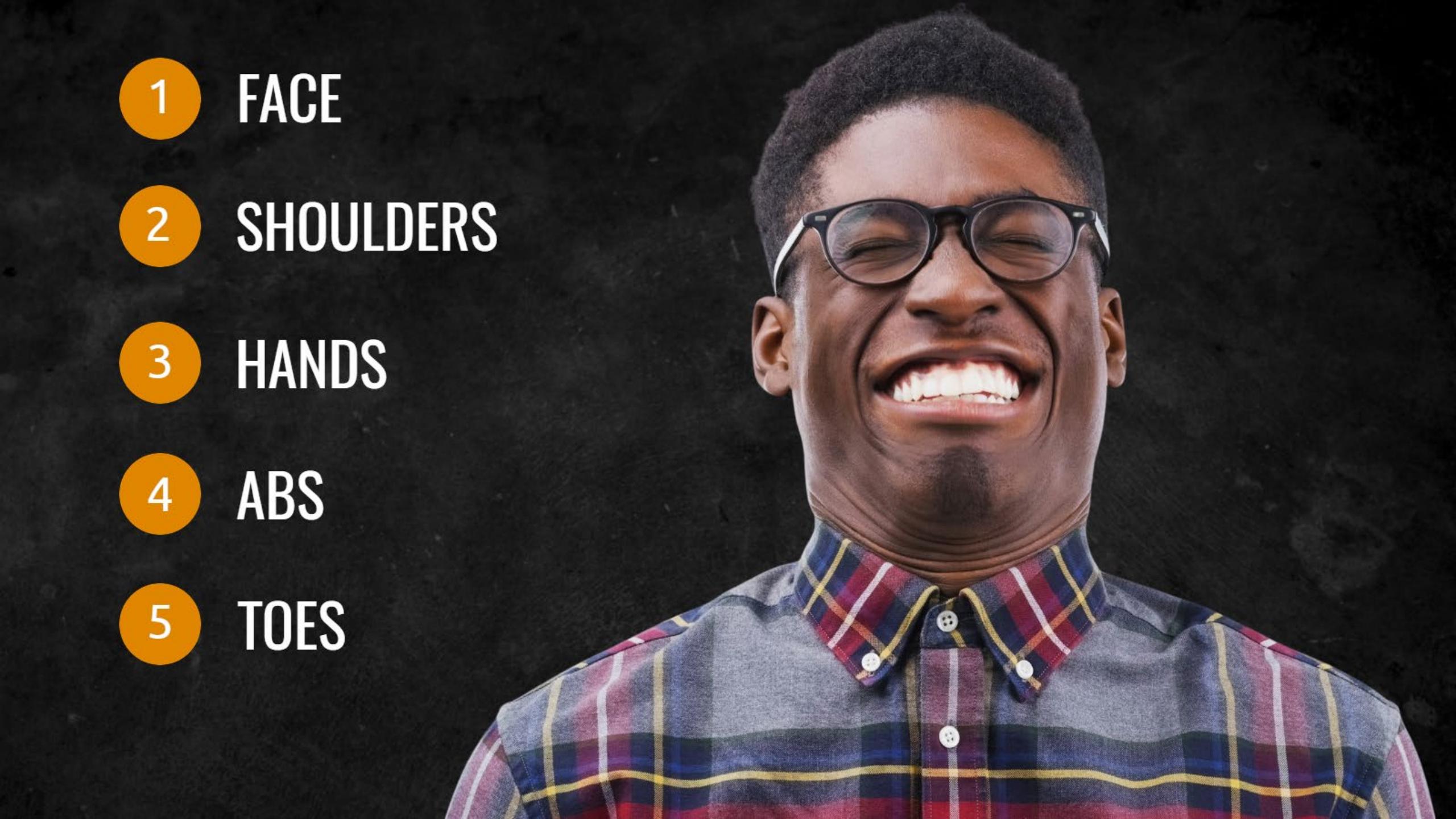




- 1 FACE
- 2 SHOULDERS
- 3 HANDS



- 1 FACE
- 2 SHOULDERS
- 3 HANDS
- 4 ABS



- 1 FACE
- 2 SHOULDERS
- 3 HANDS
- 4 ABS
- 5 TOES

TRUE OR FALSE

You have a relationship with yourself,
and you know who you are.



INTERVIEWER: So tell me about yourself.



INTERVIEWER: So tell me about yourself.

ME: I'd rather not. I kind of need this job.



WHO AM I WHEEL

A DEEPER CONNECTION



Do your best to identify four points under each of the eight areas.

I LIKE

-
-
-
-
-

I LOVE

-
-
-
-
-

I WANT

-
-
-
-
-

I NEED

-
-
-
-
-

I FEAR

-
-
-
-
-

I MISS

-
-
-
-
-

I HOPE

-
-
-
-
-

I AM

-
-
-
-
-

Which area was the most challenging to complete? _____

Which area was the easiest to complete? _____

What did you learn about yourself through this activity?



ALLANKEHLER.COM



allan@allankehler.com



+1-306-612-3233

TRUE OR FALSE

Time heals all wounds.







IF TRAUMA CAN BE PASSED DOWN FROM GENERATION
TO GENERATION, THEN SO CAN **HEALING.**

Who is number one?



MAY YOU ALWAYS BE CHALLENGED
BUT NEVER DEFEATED.





WWW.ALLANKEHLER.COM

BONUS

