

S.E.L.F.* CARE ACCOUNT

***Supporting Essential Life Force!**

Just as the R.R.S.P. account is available for saving our money, the S.E.L.F. CARE ACCOUNT is there to make contributions for supporting our most valuable asset of all: Our Self!

The power of intention is all you need, and you can set up an automatic deposit or pledge to your Self Care Account.

The S.E.L.F. CARE ACCOUNT is open year round, has very high rates of return, it receives contributions day or night, from play, exercise, laughter and prayer, from friendship, silence, music, good food, from tending to our losses and sorrows, and from anything that nourishes comforts and energises us.

It's never too late to start, there are no fees for contributing, but there are potential impacts on our health and well being for neglecting our SELF CARE, and it's important to remember to, as the airlines say, 'put on your own oxygen mask before attempting to care for others'.

What is your oxygen mask? How does it nourish and sustain you? Is it regularly in your life? What will you pledge to deposit in your Self Care Account?

Here is a handy pre-authorized form for your use. You can use it as is, call or sing your pledge into the wind, tell a friend, journal it, make it a prayer, 'set your Heart on it' or.....

SELF CARE DEPOSIT FORM

Name _____ Date _____

**IN SUPPORT OF MY OWN PHYSICAL, EMOTIONAL MENTAL AND SPIRITUAL WELL BEING, I NOW
DEPOSIT/PLEDGE TO MY SELF CARE ACCOUNT:**

signed: _____

witnessed: _____

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