

# Soul Care & Self-Care

## Affirmations

There is freedom + enough good to go around for me, too.  
Giving TO myself is grace, just as much as I give OF myself.

Attentive friendship with Jesus influences + informs  
intentional friendship with myself and others.

Self-nurture isn't the end, it's a means, a gateway for me to  
first experience, then dispense God's Love.

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FROM THE INTERIOR LIFE OF COMPASSION TO MYSELF  
FLOWS THE EXTERIOR LIFE OF COMPASSION TO OTHERS.

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LET GO OF IMAGE MANAGEMENT + LET THE IMAGE OF LOVE  
ADDRESS ALL MY INNER GATEKEEPERS.

I will keep my vision solid + my plans fluid.

Life isn't about planning, it's about purpose. Planning is  
a by-product of being clear + connected with the legacy I am  
accountable to leave in my generation. Planning does NOT control  
outcomes.

There's no need to convince others that I am worthy, my intrinsic  
value is NOT up for debate or discussion (PERIOD!).

Freedom will always deal first with my soil + root system as I work  
+ rest FROM Love, not FOR Love. My fruit is not the proof of my  
being loved-it's the by-product of abiding in Love. God is Love.

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HOSPITALITY IS AN ONGOING DIVINE INCUBATOR FOR WELCOMING  
PERSONAL + COLLECTIVE TRANSFORMATION. IT ALLOWS A HOLY  
INTERPLAY BETWEEN THE REDEMPTIVE, REVOLUTIONARY ALTERNATION  
BETWEEN WORK + REST IN MAKING FOR HOLISTIC LIVING.

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God's shalom helps me experience the bringing in of all my scattered  
parts into the Beloved's wholeness.

Solidarity with others + solitude with God do not compete, they  
complement + support one another.

Procrastination is a signal for me to get curious + examine where I am  
either afraid of my brilliance or avoiding the less preferred emotions  
that come with doing whatever it is. There is immediate, yet temporary  
relief from the emotions associated with the work (even though the work  
itself isn't the issue). Procrastination can invite me to dig up the  
emotions underneath: grief, shame, anger, self-doubt, jealousy, etc.  
Then, I can make a decision based on my purpose + core values + goals.