



DEVELOPMENT CARD

TOPIC: Time for yourself

TAKE A MOMENT TO ANSWER THE QUESTIONS HONESTLY.

1 Do you have enough time for yourself?

2 What is the time when you truly pay attention to yourself?

3 When you have time for yourself, what does it give you, what are the benefits for you?

4 How do you feel about that?

5 When you don't have time for yourself, what does it take from you, what happens in your life?

6 How do you feel about that?

7 What is the first step can you take to have more quality time for yourself?

8 When will you do it?