

TRICIAZODY  
*Another Beautiful Life*  
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

**Episode 150 – Self-Care**

This is an area of neglect for a lot of women because we are born nurturers and natural caregivers. There’s also pressure to take care of the house and all the people in it *first*. We put ourselves last.

1) How would you describe your own self-care?

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2) What are your thoughts about caring for yourself?

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Self-Care is so important. It makes us better mothers, spouses, and friends.

3) What keeps you from self-care?

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Are the things that you wrote in Question #3 based on lies, or assumptions, or limiting beliefs?

4) Identify the lies that are keeping you from self-care and write them here:

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5) What do you think about your personal agency and responsibility when it comes to self-care?

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Taking total responsibility for yourself is living in Emotional Adulthood. This includes knowing how take care of yourself.

6) Write out ways you feel the Lord is asking you to care for yourself. What do you need to say “yes” or “no” to?

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God is with you and has provided ways and tools for your healing. This healing starts with nourishing your soul in ways of self-care. And that includes receiving from God what *only* He can give, not the world. The world – all the things in it, all the things you can accomplish or produce, or achieve through a busy calendar – the world cannot give you what you truly need. Only God can give you your value, your worth and acceptance, your purpose, and the satisfaction in life. So, part of that self-care is to calm and quiet yourself in faith and trust that God will and wants to give you good things – those things your soul truly needs.

7) Write a prayer telling God what your soul needs and ask Him to provide it for you:

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**Getting with God and letting Him lavish this kind of love on you is the ultimate self-care. God has created your brain for change for maximum stability and well-being, which starts with self-care.**

If you’d like some help in this area, I’d love to be your Life Coach. Feel free to email me at:

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