

Talk About It - Week 7

What step could really go somewhere if you gave it time, space, and consistency?

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What small things can you change to shift your perspective?

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How could you create space for some self-care?

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What keeps you stuck in the same patterns?

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How could you create space for your spouse to do some self-care?

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List some ways you get off of your familiar path and try something new.

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