

Guiding your mind to a higher degree is not always easy to do  
But if you try to, the POWER's inside you  
If you can command it then nothing can stand in Your way.

# The Force Within

*Your Depletion Serves No One*  
rhonda ross

TODAY'S DATE: \_\_\_\_\_

List the ways (and reasons) that you have been sacrificing your own independence. Are there people in your life who might feel abandoned when you start pouring into yourself? Are you afraid of letting your loved ones down?

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Imagine yourself free — List all the ways that your independence makes you a stronger person, a healthier person — even more able to give and even more able to love.

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Write down 1-3 things that you have been neglecting in your own life that you will restart TODAY.

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*Celebrate Each Step!*