



Hope
&
Healing

Nancy Gordon, LCSW

Simplifying Your Life by Defining a Self-Care Practice

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As Mahatma Gandhi said, “Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny.”

Sometimes, living from our authentic self may be short circuited by our conditions. We may get beaten down over time from dealing with the changes in our lives, our body, and ourselves imposed on us by our condition. We forget who we are *at our core*. But more importantly at this point, what we really need to contend with is our perception of and reaction to our condition. We need to examine what core values have changed within and what we want to do about that.

Redefining yourself after an illness/disability may require you to redefine your core values to make them align more easily with who you are NOW...and to reclaim core values that align with the greatness in you that you want to BECOME.

Example:

At the very core of who I am, what most represents my greatness is my ability to be present and authentic in relationships. It is one of my most strongly held values of all, for I do believe that life is about learning to love unconditionally, live from a place of joy and abundance, and to be of service to others.

My ability to guide others in their own healing journey comes directly through this core of *who I am*. My capacity to give and receive love is deep. But with a debilitating chronic illness like fibromyalgia, I had to figure out how I could recreate that part of myself in a way that would not jeopardize my health, if I were to return to a career successfully. What I loved most about being in relationship with my clients in a healing way was providing a safe environment for deep transformational work through three-day retreats at the beach. Although I may not be able to provide that at the present time, I realized

5. How can you show that again?

6. How can you reclaim that?

7. How can you redefine your core values to make them align more easily with who you are NOW?

8. How can you reclaim core values that align with the greatness in you that you want to become?

9. What is your next step with what you have just learned about yourself from this exercise?