



The Practices

It doesn't happen all at once. Gradually over many years, my self-care and self-repair has evolved. Each practice takes time. It's time you invest in your own wellbeing, your joy, your health. One of my clients said, "I think I got it now, it's changed my mind-set."

Your practices are uniquely tailored for you.

What works for me: swimming, journal, painting, writing, walking, Body Pump, knitting, reading, collage, may not work for you.

You won't find all your practices all at once. It took me many years to develop my practices.

Try things.

The secret to the practices is repetition, daily. Start with one or two and stick with it.

I am 50 years into journaling. It is a practice that has sustained me. It untangles my knots. It helps me find my way through things. It is an essential conversation I have with myself.

Swimming is something I have been doing even longer! Yes. It is breathing, stretching, and it lands me in my body, like nothing else.

Knitting is newer, I've only been at it 36 years!

I hope you are laughing. I'm laughing because it may sound daunting to a beginner. But look closely at your life.

Look at how you are spending your time. You probably already have some things that ground you. Your practices could be anything that helps you in some way.

Is there something that fills you up each day? Something you can give yourself as an offering, healing and soothing balm- a way to thank yourself and shower some attention on you?

Though I've been at some of my practices a long time, others are newer. But what I bring is commitment. I stick with it and allow it to support me.

Each year of your practice, you will gain new things- it is a relationship with yourself that supports you through changing winds and challenges of living. Knitting wasn't easy when I started.

Many practices may require you to learn new things.

I promise, it will give you back far more than the time it takes to learn.

As a practice pays off, you will feel the benefits in many hours when you are busy doing "other things".

Use your boundaries to create the time and space you need for your own repair. Listen to what you need. Rest.

Trust yourself,

Sarri

Here are the first 150 Boundary tips to help you with your boundary practice. Stay tuned for future Boundary e-books! Click button for your first one.



UPCOMING EVENTS

March 7: Boundary Workshop for Everett Recovery Cafe Staff and Volunteers

March 21: I'll be reading from Cocoon at [Edmonds Bookshop](#)

6:00pm -7:00pm free event, join me at

Edmonds Bookshop

111 5th Ave. South

Edmonds, WA 98020

I will be offering keynotes on Lessons I Learned From Cocoon. It will cover courage, reimagining failure, leadership, community organizing, post traumatic stress disorder, healing practices, boundaries, and seeing the light in others and ourselves. As with all my keynotes over the years it will be touching and filled with laughter, tears, and stories. Send me an email if you are interested. Sarri@sarrigilman.

I can't get enough of this performance with Tracy Chapman and Luke Combs. Fun fact, her guitar was made by Judy Threet in Calgary. It took me a half hour to find the actual recording for you- enjoy!



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