



High Tide on the Prairie

SDAEYC/SDHSA Conference – April 14, 2011

Self-care.

Things I can do to improve my self-care: _____

Positive attitude and outlook.

Things I am grateful for in my life: _____

Purpose and goals. My goal: _____

One thing I will do to reach my goal: _____

Courage. Reasons why I believe in myself: _____

My legacy of values. Gifts from my mother's life: _____

Five gifts for Me.... from Me! _____ **Date:** _____

Dee Dee Raap is an author, speaker and consultant whose passion is service and helping those who serve others. She is a member of the National Speakers Association, a Distinguished Toastmaster and author of **Dear Mom: Remembering, Celebrating, Healing**, her journey of finding the gifts of her mother's life—the values that make our journey great. For more info on Dee Dee's programs on service, leadership and life balance, go to www.DeDeeRaap.com or call her at 605-371-2299.

