

INHIBITING DEFICIENCIES

5 RESPONSIBLE SELF-SUPERVISION

How Do We Improve Caring for Ourselves?

These cards outline various ways we can learn to more responsibly care for ourselves. When we don't learn enough about such care, we can neglect important priorities too easily. With better understanding, training, and practice, we can learn to organize ourselves better. Similar to business, self-supervision requires enterprisingly tackling our responsibilities and following necessary rules, guidelines, and helpful disciplines. Such due-care is an important part of healthy mind development and improving our EQ. It plays a critical role in maintaining our safety and a civilized well-being.

