

"THERE IS A CANDLE IN YOUR HEART,  
READY TO BE KINDLED.  
THERE IS A VOID IN YOUR SOUL, READY  
TO BE FILLED.  
YOU FEEL IT, DON'T YOU?"

— RUMI

Self-Care and Self-Healing Practices

A Prerequisite for Leadership

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*If you think taking care of yourself is selfish, change your mind. If you don't, you're simply ducking your responsibilities.*

— Ann Richards, 45th Governor of Texas

**Authentic Leadership**

Nurse leaders must fully embrace the imperative of a healthy work environment, authentically live it and engage others in its achievement.  
— American Association of Critical Care Nurses, Health Work/Environments Initiative



Things we already know ...

Excuses we make ...

How to begin ...

Don't give away your QI!

*We are what we repeatedly do. Excellence, then, is not an act, but a habit.*  
— Aristotle

