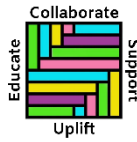


I am grateful for...

A large, empty rounded rectangular box with a thick purple border, intended for writing a response to the prompt above.



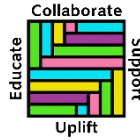
Self-Care Plan

Self-care to me is...

I value self-care because...

I commit to practicing self-care... (how often?)

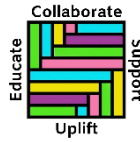
I will be proactive with my self-care by...



To be successful I need to put these things in place...

My self-care buddy(ies) will be...

I will connect with my self-care buddy to support each other every (how often?)... via (how will you connect?)...

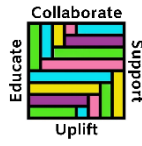


Write your self-care statement... (see example)

I will practice self-care for 5 minutes, twice a day (when I wake up and before I go to sleep) by tapping, giving gratitude for 3 things and listening to one of my favourite songs.

Signature _____ Date _____

Witnessed by _____ Date _____



Notes

A large, empty rounded rectangular box with a purple border, intended for taking notes.