

happier

My Self-Care Practice Commitment

- I am committing to

as my regular self-care practice for the next month, starting

(date)

- How often will I do it?

- What time of day / week will I do it?

- Here are some specific things I'm going to do to make sure I stick with it:

- What else do I need to do to make this a priority?

- This is my Bigger Why for making my Self-Care a priority:

Signature:

Date: