

Self-Care Commitment

DATE

HOW DO YOU FEEL WHEN YOU'RE FUELED AND TAKING GOOD CARE OF YOURSELF?

Self-Care Commitment

DOING LESS OF WHAT DRAINS YOU

WHAT ARE 3-5 THINGS THAT DRAIN YOUR ENERGY UNNECESSARILY?

PICK 1-2 AND FOR EACH ONE, WRITE DOWN HOW YOU WILL SUPPORT YOURSELF TO DO IT **LESS**. BE SPECIFIC.

ENERGY DRAIN #1:

ENERGY DRAIN #2:

Self-Care Commitment

DOING MORE OF WHAT FUELS YOU

WHAT ARE 3-5 THINGS THAT FUEL YOUR ENERGY?

PICK 3 AND FOR EACH ONE, WRITE DOWN HOW YOU WILL SUPPORT YOURSELF TO DO IT **MORE**. BE SPECIFIC.

ENERGY FUEL #1:

ENERGY FUEL #2:

ENERGY FUEL #3:

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YOUR BIGGER WHY FOR SELF-CARE

WHY IS IT IMPORTANT FOR YOU TO COMMIT TO YOUR SELF-CARE? WHEN YOU TAKE CARE OF YOURSELF, WHO AND HOW DOES IT HELP, BENEFIT, OR SUPPORT?

