

My Self-Care Promise

Prioritizing self-care means creating space for the things that nurture and energize us.

Use this sheet to reflect on your true, unique needs, and come up with some activities that you find restorative, enjoyable, and energizing.

I promise myself that...

When I'm feeling sad, I will remember:

The next time I feel anxious, I will:

When I feel lost or stressed, I will stop and remind myself:

I will strive my hardest to:

If I find myself making excuses, I will:

I choose to treat myself, always, with:

Signature:

Date: