

COMMIT TO SELF-CARE

Fill in the script to help you plan and commit to self-care activities that you enjoy.
Repeat for each day of the week.

On **SUNDAY** I want to try and spend _____ minutes on
_____ for myself.

On **MONDAY** I want to try and spend _____ minutes on
_____ for myself.

On **TUESDAY** I want to try and spend _____ minutes on
_____ for myself.

On **WEDNESDAY** I want to try and spend _____ minutes on
_____ for myself.

On **THURSDAY** I want to try and spend _____ minutes on
_____ for myself.

On **FRIDAY** I want to try and spend _____ minutes on
_____ for myself.

On **SATURDAY** I want to try and spend _____ minutes on
_____ for myself.

