

# the Power of 5

Take a moment to pause, re-center, and remind yourself of who you are and what matters to you. Caring for ourselves means giving ourselves credit for how truly amazing we are while at the same time setting goals for future growth. List your five for each category below.



5 things you are grateful for in the past 24 hours

- #1
- #2
- #3
- #4
- #5



5 things you love about yourself

- #1
- #2
- #3
- #4
- #5



5 ways you care for your mind, body, or spirit

- #1
- #2
- #3
- #4
- #5

5 ways you care for others  
(i.e. students, family, friends, pets,  
co-workers, the community, etc.)

- #1
- #2
- #3
- #4
- #5



5 ideas for taking better care of yourself during the next year

- #1
- #2
- #3
- #4
- #5

