



MY SELF CARE COMMITMENT

The kinder and more patient that you are with yourself, the kinder and more patient you can be toward others. Please set an intention to practice some form of self care seven days a week, even for a few minutes a day then place a mark in the boxes below. If you practice self care five to seven days a week, great! If you practice self care less than five days a week then please recommit to caring kindly for yourself a few seconds or a few moments at a time scattered throughout each day.

BECAUSE I CARE ABOUT MYSELF AND OTHERS I WILL ...

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