

WAYS TO NOURISH (OR CARE FOR) MYSELF

Check 'nourishments' that you would be willing to commit to do in the next month.

On the blank lines at the end add some of your own activities. Get involved in something new.

- do a craft or hobby
- write in a journal
- exercise
- call a friend
- meditate
- take a long warm bath & light a candle
- go to a place of worship
- listen to music
- go to a movie, even if I cry
- read
- go to a museum
- work in the garden
- care for a pet
- volunteer
- _____
- _____
- _____
- _____
- _____

Journal about your self-care. Remember you are writing for yourself. Don't worry about spelling, sentence structure, and the like. Just write your thoughts as they come to you. Refer to this entry when you are feeling guilty for taking time for yourself.