

Tool 4.2: Make plans with yourself

Date:

The best way to consistently meet your own needs is by planning for them. That way, they won't get lost in the shuffle of other responsibilities that can feel urgent. Take a moment to reflect on what you need every day and only once in a while.

What kind of self-care do you need every day?

What once-in-a-while activities feel nurturing to you?

Next, think about balancing the activities that nurture you with the ones that wear you out.

What you'd like to do less of:

How might you do this less?

What you'd like to do more of:

How might you do this more?