



Holiday

Self Care Guide



My To-Do List:

- ☐ Spend time alone
- ☐ Connect with others
- ☐ Spend time in nature
- ☐ Catch up on sleep
- ☐ Get exercise/move my body
- ☐ Find small moments of joy
- ☐
- ☐
- ☐



GOAL: *spend time alone*



What this looks like for me:

How much time I will need:

Resources or supplies I will need:

When I will do this:

Did you do it?

Yay!

Check it off the list!

Reflections on achieving this goal:



GOAL: *connect with others*



What this looks like for me:

How much time I will need:

Resources or supplies I will need:

When I will do this:

Did you do it?

Yay!

Check it off the list!

Reflections on achieving this goal:



GOAL: *spend time in nature*



What this looks like for me:

How much time I will need:

Resources or supplies I will need:

When I will do this:

Did you do it?

Yay!

Check it off the list!

Reflections on achieving this goal:



GOAL: *catch up on sleep*



What this looks like for me:

How much time I will need:

Resources or supplies I will need:

When I will do this:

Did you do it?

Yay!

Check it off the list!

Reflections on achieving this goal:





GOAL: *find small moments of joy*



What this looks like for me:

How much time I will need:

Resources or supplies I will need:

When I will do this:

Did you do it?

Yay!

Check it off the list!

Reflections on achieving this goal:



GOAL:



What this looks like for me:

How much time I will need:

Resources or supplies I will need:

When I will do this:

Did you do it?

Yay!

Check it off the list!

Reflections on achieving this goal:



GOAL:



What this looks like for me:

How much time I will need:

Resources or supplies I will need:

When I will do this:

Did you do it?

Yay!

Check it off the list!

Reflections on achieving this goal:



GOAL:



What this looks like for me:

How much time I will need:

Resources or supplies I will need:

When I will do this:

Did you do it?

Yay!

Check it off the list!

Reflections on achieving this goal: