



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Reflections

**Gratitude:** Who and/or What I'm grateful to have in my life?

**Inspiration:** What inspires and energizes me?

**Uplifting:** What uplifts me and/or makes me smile?

## Strategies

**Physical Self-Care:** *examples – exercise, yoga, take a walk, essential oils, calming bath, etc.*

**Mental Well-being:** *examples – debrief work buddy, laughter, noticing the positive, tune-out/intentional off-work time*

**Relational/Social Self-Care:** *examples – connecting with those important to you such as notes/emails, phone calls, time with family at home*

**Spiritual Well-being:** *examples – meaning making, being in nature, noticing what inspires you, faith-based practices you align with/value*

## **Priorities/Intentions**

*Identify any priorities or intentions for your self-care at the onset of each week*

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>