



### Self-Care Commitment Worksheet

I \_\_\_\_\_ honor and value my mind, body, and soul. I am committed to completing activities that will improve the way I look, feel and show up in the world. The decisions I make moving forward will honor and exhibit self-love. I accept the things that I cannot change and embrace the courage to change the things that I can. Today, tomorrow and in the future. I am the co-author of my life.

- Me

Areas of Wellness	Things that negatively impact my:	Starting today I will complete the following self-care activities to improve functioning:
Mental		
Physical		
Spiritual		
Emotional		
Financial		

Evaluate your completion of self-care activities each week. How much “love” did you show yourself this week?