

## Self Care Contract

I, \_\_\_\_\_, commit to have as much fun as possible during my journey. I commit to honestly examining my life and to realize I am a powerful, spectacular and amazing human being.

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I, \_\_\_\_\_ commit to a [ monthly, weekly , daily] self care activity listed here

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I, \_\_\_\_\_ will be open to asking for help if I find I am unable to achieve my self care activity .

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I, \_\_\_\_\_ commit to getting enough

sleep, exercise, water, healthy food choices to stay in balance with life's

demands and the demands I place upon myself.