

Self-care Check in



“ You cannot pour from an empty cup. ”

To support someone else, we need to first support ourselves.

Self Talk - “ I will use this resource to schedule one thing for myself each day. ”

Day of the week	Plan something for myself
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Reflection - which day felt the best this week? How can I have more days like this one?

Best day of the week?

Why?