Self Care Contract

With this agreement, I am deciding to continue to advocate for my Self Care.  Self Care is an essential part of balancing my life and providing me inner peace.   I know that Self Care looks and feels different on a daily basis, however I have been able to identify the following tools that will help me along this journey.   This agreement ultimately serves as a resource to help keep me accountable while reminding me of the value Self Care has within my life.

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When doing these activities, I am feel strong, centered and loving towards myself:

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After engaging in my Self Care I feel the following about myself:

After engaging in Self Care my mood feels:

Excuses   could possibly use make to  make Self Care not a priority …  ( WE ALL HAVE THEM, SO LET’S AT LEAST BE AWARE OF THEM):

Signs when I need to ask for help:

People who understand the value that Self Care has on my life:

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