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## ROADMAP TO SELF CARE

*Answer each the following questions by writing as many responses as you can think of. I will tell you when to begin and when to stop. Use the back of each the page if needed.*

I feel at my best when I am \_\_\_\_\_

Answers:

One thing I really love to do is \_\_\_\_\_

Answers:

When things are falling apart, I know \_\_\_\_\_ will restore me to sanity.

Answers:

Review your lists and mark the most important ones to you. Write next to them which take less than ten minutes and which take more than ten minutes. Decide which can be done once a day, once week, once a quarter, once a year, etc and categorize them on the space below. **This is your roadmap for keeping yourself balanced and for finding your way back when things spiral downward.** Make an appointment for self care and consider it as important as any other major commitment. **Mark it on your calendar!!**. This is what personally feeds you. This helps you stay in the right frame of mind, body and spirit to optimally care for yourself. From this place, you can give to the world and show up as your very best self!!