

Taking Care of You First Take Action

Something I learned today that made a difference: _____

I commit to try the following strategy: _____

Some other strategies I can try:

- Set a specific, realistic, achievable goal
- List some places I'd like to visit or some things I'd like to experience.
- How can I make those things happen?

Record the outcomes or experience of my actions: _____

Signed _____ Date _____



"Not knowing when the dawn will come, I open every door."

- Emily Dickinson