



This tool is intended to help you remind you to take care of yourself and follow through on the different components of your self-care program. Select one or more of the areas indicated below to work in a given timeframe. Focus on setting realistic goals, and on identifying barriers/blocks/obstacles you may need to overcome in order to achieve your goals.

Today's date: *Tues Jan 2...*

My timeframe for these goals:

- Today This week This month

PHYSICAL ACTIVITY

I will spend at least *3* days doing the following physical activity for at least *30* minutes:

Walking the dog OR riding my bike OR walking on the treadmill

EATING RIGHT

I will make the following choices to improve my eating habits:

Cut down on sugar and soda, switch to decaff coffee, fruits instead of candy bars as snacks

RELAXATION

I will dedicate at least *30* minutes on at least *3* days to the following relaxing activities:

Yoga class, reading for pleasure, writing in my journal

FUN

Regardless of how I feel, I will commit to scheduling *2* fun activities, including:

Going to a movie, going to the bookstore and buying a new book

SUPPORT FROM OTHERS

I will spend at least *15* minutes on at least *3* days spending time with:

My sister, my dog and my best friend Mary

MY SPECIFIC GOAL

My number one goal during the timeframe I set is: *To lose a pound...*

- Step #1: *Write down everything I eat*
- Step #2: *Follow my exercise plan*
- Step #3: *Stay away from junk food*

How likely are you to follow through with these activities during the timeframe you have set?

NOT LIKELY

1

2

3

4

5

6

7

8

9

10

NOT LIKELY

What might get in the way of meeting the goals you have set for this timeframe? *Busy schedule for myself and my kids*

Brainstorm possible ways to overcome these barriers/blocks/obstacles: *Plan my next day's meals the night before....*



This tool is intended to help you remind you to take care of yourself and follow through on the different components of your self-care program. Select one or more of the areas indicated below to work in a given timeframe. Focus on setting realistic goals, and on identifying barriers/blocks/obstacles you may need to overcome in order to achieve your goals.

Today's date:

My timeframe for these goals:

- Today This week This month

PHYSICAL ACTIVITY

I will spend at least days doing the following physical activity for at least minutes:

EATING RIGHT

I will make the following choices to improve my eating habits:

RELAXATION

I will dedicate at least minutes on at least days to the following relaxing activities:

FUN

Regardless of how I feel, I will commit to scheduling fun activities, including:

SUPPORT FROM OTHERS

I will spend at least minutes on at least days spending time with:

MY SPECIFIC GOAL

My number one goal during the timeframe I set is:

- Step #1:
- Step #2:
- Step #3:

How likely are you to follow through with these activities during the timeframe you have set?

NOT LIKELY

- 1 2 3 4 5 6 7 8 9 10

NOT LIKELY

What might get in the way of meeting the goals you have set for this timeframe?

Brainstorm possible ways to overcome these barriers/blocks/obstacles: