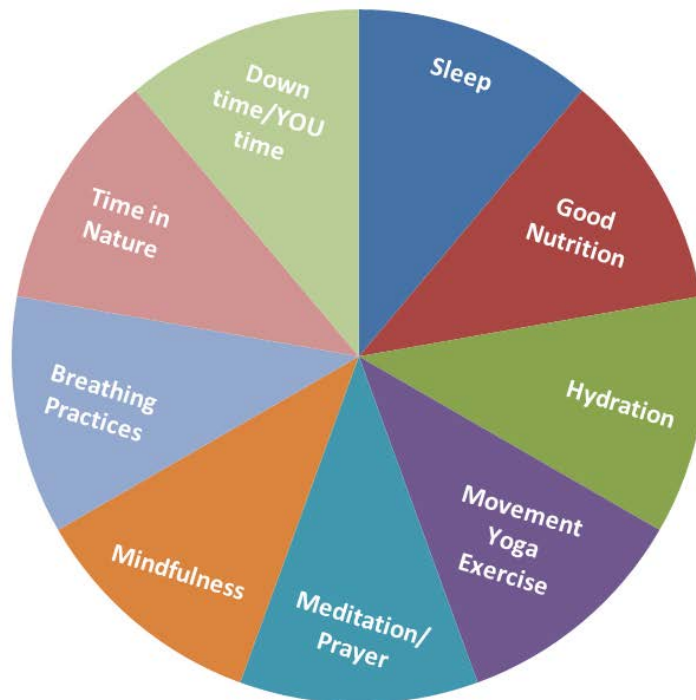


SELF-CARE ASSESSMENT

WHAT IT LOOKS LIKE TODAY



WHAT I WANT IT TO LOOK LIKE



ACCOUNTABILITY ACTION PLAN

- I commit to do (action/ practice)_____
- By (date and time)_____
- ____times per ____ (Frequency)
- My Trigger: _____
- I will hold myself accountable by..._____