

TAKING CARE OF YOURSELF

4 S's of Self-Care

Write your goals in the boxes below.

1. **Simple** - Choose one or two things that you can do most days.
 2. **Specific** - Be specific - What is it? When? How long? How often?
 3. **Secure** - How will you hold yourself accountable?
 4. **Start** - Just get started! Make your commitment and write a start date.
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A light green clipboard with a grey paperclip at the top. The number '1' is printed in a large, bold, light green font in the center of the page.A light green clipboard with a grey paperclip at the top. The number '2' is printed in a large, bold, light green font in the center of the page.A light green clipboard with a grey paperclip at the top. The number '3' is printed in a large, bold, light green font in the center of the page.A light green clipboard with a grey paperclip at the top. The number '4' is printed in a large, bold, light green font in the center of the page.