

How I Take Care of *Myself*

My Body	My Mind	My Emotions	My Spirit
<p>Get Enough Sleep</p> <p>Hygiene: Take a shower, brush my teeth</p> <p>See a doctor when I'm sick or hurt</p>	<p>Read for fun</p> <p>Do a puzzle</p> <p>Learn a new skill (e.g. a dance, a new recipe, how to fix something)</p>	<p>Spend time with friends</p> <p>Spend time alone</p> <p>Listen to music</p>	<p>Contribute my time to a cause I care about</p> <p>Connect to higher power (e.g. meditation, spend time in nature, pray)</p>
<p>I do a great job at:</p> <ul style="list-style-type: none"> ● ● ● <p>I am still working on:</p> <ul style="list-style-type: none"> ● ● 	<p>I do a great job at:</p> <ul style="list-style-type: none"> ● ● ● <p>I am still working on:</p> <ul style="list-style-type: none"> ● ● 	<p>I do a great job at:</p> <ul style="list-style-type: none"> ● ● ● <p>I am still working on:</p> <ul style="list-style-type: none"> ● ● 	<p>I do a great job at:</p> <ul style="list-style-type: none"> ● ● ● <p>I am still working on:</p> <ul style="list-style-type: none"> ● ●