






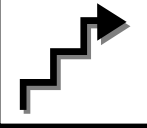
SELF-CARE SUCCESS!

Things you can do to help yourself.

Name: _____

Date: _____

Instructions: When a person sets out to improve their health, it's important to set goals. By setting self-care goals you can take an active role in helping yourself stay healthy. Choose **one or two** of the areas below and **set a goal**. Make sure the goal is clear and reasonable. In the space below the boxes rate how likely you are to follow through on the goal(s) you set. If you are not very sure you can follow through on your goal you may want to find alternatives or make some adjustments.

	<h3>Stay Physically Active</h3>		<h3>Schedule Pleasant Activities</h3>		<h3>Eat Balanced Meals</h3>
<p>Each week during the next month I will spend at least ____ days doing the following physical activity for ____ minutes: _____</p> <p>_____</p> <p>_____</p> <p>(Pick a specific day and time.)</p>		<p>Even though I may not feel motivated I will commit to scheduling ____ fun activities each week for the next month. They are: _____</p> <p>_____</p> <p>_____</p> <p>(Specify when and with whom.)</p>		<p>Even if I don't feel like it, I will eat ____ balanced meals per day to include: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>(Choose healthy foods.)</p>	
	<h3>Spend Time With People Who Can Support You</h3>		<h3>Spend Time Relaxing</h3>		<h3>Small Goals & Simple Steps</h3>
<p>During the next month I will spend at least ____ days for at least ____ minutes at a time with:</p> <p>_____ doing: _____</p> <p>_____ doing: _____</p> <p>(Who?) (What?)</p> <p>(e.g. talking, eating, playing)</p>		<p>Each week I will spend at least ____ days relaxing for ____ minutes by participating in the following activities: _____</p> <p>_____</p> <p>_____</p> <p>(e.g. reading, writing in a journal, deep breathing, muscle relaxation)</p>		<p>The problem is: _____</p> <p>_____</p> <p>My goal is: _____</p> <p>Step 1: _____</p> <p>Step 2: _____</p> <p>_____</p> <p>_____</p>	

How likely are you to follow through with these activities prior to your next visit?											
Not Likely	1	2	3	4	5	6	7	8	9	10	Very Likely

<p style="text-align: center;">What might get in the way of your completing these activities prior to your next visit?</p> <p>_____</p> <p style="text-align: center;">What are some possible solution(s) to the above barriers?</p> <p>_____</p> <p>_____</p> <p>_____</p>
