

I AM DEDICATING TIME TO SELF-CARE

By tending to my physical, mental, and emotional needs, I equip myself to be my best for others and my endeavors.

Self-care is an active choice, a deliberate time block to rest, heal, and indulge in activities that replenish my energy and spirit.

In these moments, I honor my worth and acknowledge my human limitations.

With each act of self-care, I am making a statement about the value of my well-being and setting boundaries that protect my time and energy.

I am cultivating a loving relationship with myself, which forms the basis for all other relationships.

I deserve care, and I accept it with gratitude and without guilt.

REFLECTION QUESTIONS

1

How do I define self-care, and what activities fit this definition for me?

2

How can I better integrate self-care into my routine?

3

What changes have I noticed in myself since prioritizing self-care?