

CARING SAFELY DAY SHEET

DATE:

"SMALL CHANGES LEAD TO SIGNIFICANT RESULTS"

Wellness Gauge AM: 1 2 3 4 5 6 7 8 9 10 Abundance

FLEXI-SELF-CARE GOALS

VALUES BEING SUPPORTED

URGES/HABITS/TRIGGERS

WINS/CHOICES/LESSONS

CARING SAFELY STRATEGIES

GRATITUDE

POSITIVE EVENTS

DAILY TRACKING

(Sleep, Vitamins/Meds, Menstruation, Pain)

RELAXATION PRACTICES

- 3 Minute Breathing for Relaxation
- 3 Minute Breathing for Energy
- Deep Breathing Relaxation
- Morning Guided Relaxation With Intention
- Guided Relaxation for Peaceful Sleep
- Progressive Muscle Relaxation
- Guided Visualization
- Other

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