

# 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

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## VALUES BEING SUPPORTED

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## URGES/HABITS/TRIGGERS

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## WINS/CHOICES/LESSONS

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## CARING SAFELY STRATEGIES

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## GRATITUDE

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## POSITIVE EVENTS

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## DAILY TRACKING

*(Sleep, Vitamins/Meds, Menstruation, Pain)*

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## 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

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