

EXAMPLE – PROVIDED FOR CLARITY

Work creatively within your life restrictions to include wellness techniques. You are an expert on yourself! Reflect, determine what you need, then plan how to address it. Complete as many of these forms as you want to, especially as your needs change.

Remember, you will never HAVE time to do any of these things; you need to MAKE the time!

I feel energized when I am learn-ing.

These are ways that I can learn along with other notes and ideas.

1. Reading books
 - a. Pick topics to help life challenges I'm facing
 - b. Choose times: before bed instead of YouTube; while grandmom is resting

2. Listening to Podcasts
 - a. Listen while exercising
 - b. Listen while tidying/cleaning

3. Take Courses
 - a. Find free courses online & through library
 - b. Continuing Education Unit Course requirements – Home Study

Self Compassion Exercise

The person in my life who is unconditionally supportive is Susan.

When I feel critical of myself or the job I am doing, I will remember to channel my “Susan-ness” with supportive thoughts.