

My Self-Care Pledge

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| <p>I am committed to taking care of myself because...</p> | <p>I know I really need to do this when....</p> |
| <p>Things that make me feel happy, calm, relaxed and fed are...</p> | <p>Things that support my mind, body and spirit are...</p> |
| <p>Every day I will....</p> | <p>Barriers and obstacles...</p> |
| <p>How I will address barriers...</p> | <p>Who can help me with this?</p> |
| <p>Signature:</p> | |