How I Will Care for Myself

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| BODY  Current practice:  I Want to Try: | MIND  Current practice:  I Want to Try: |
| EMOTIONAL  Current practice:  I Want to Try: | SPIRITUAL  Current practice:  I Want to Try: |
| RELATIONSHIPS  Current practice:  I Want to Try: | WORKPLACE  Current practice:  I Want to Try: |
| (Your Choice)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Current practice:  I Want to Try: | (YourChoice)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Current practice:  I Want to Try: |
| My Roadblocks to Caring About Myself | How I Will Address These Roadblocks. |

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