

## Self-Care Starts with Your Commitment

What is one goal, related to your self-care, you would be most proud to have achieved one year from today?

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What is getting in your way, what is the biggest barrier holding you back?

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*Be on the Rise.*

Imagine overcoming your barriers and achieving your goal, what feelings, images, beliefs and words come to mind?

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## Affirm Your Goal

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### Partner Exercise Notes

PARTNER ONE: Share your goal, barrier and your feelings of overcoming it with your partner.

PARTNER TWO: Observe and take notes as you listen, what made your partner seem most excited? Were there any words they used that really stood out? When did they get stuck, seem less confident, or unsure?

## Confirm Your Why

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Reflecting on the journey you have taken so far, consider why your goal is important to you?

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*You Are A Diamond,  
Embrace All Your Sides.*

## Create Your Self-Care Check-list

What do you need to do to make your goal a reality? Make a list of anything and everything you need — this could include resources, research, action steps, conversations to elicit support, etc.

*Big Moves Are Made  
of Small Actions.*

Prioritize while you reflect on your list. What are your first five actionable steps to make it happen? Keep these simple, specific and achievable.

1.

2.

3.

4.

5.

## Finalize Your Self-Care Plan

For each item in your priority list, commit to a milestone (date) to start. Then, affirm one way that you will stay accountable.

Action Step	Key Milestone	Accountability Action

## Establish Your Mantra

### Steps to Writing Your Self-Care Mantra:

Review the word(s) and feeling(s) you wrote down when thinking about achieving your self-care goal & overcoming your barrier(s).

Consider what you observed about yourself when you shared with your partner and/or anything they reflected back to you.

Reflect on how it felt to begin to commit to your self-care goal in writing.

With these insights, create a simple mantra for yourself.

I AM \_\_\_\_\_

*To Elevate Your Future,  
Embrace Your Present.*