Self Care Contract

Spend a few minutes writing at least two things you can do in each of the five categories below to take better care of yourself. In pairs, talk to your partner about your choices and make a verbal commitment to do this, and to check in with your partner sometime during the next week to let them know how you’re doing.

Daily

Weekly

Monthly

Yearly

Are there items that address all of these aspects of self-care?

PHYSICAL:

NUTRITIONAL:

SPIRITUAL:

SOCIAL:

EMOTIONAL: