

Self-Care in Daily Life

Today's Date _____ Start Date _____ Ending Date _____

SMART Goal _____

When did I stop and pause/practice self-care throughout the day?

Specific: What exactly will you accomplish?

Measurable: How will you know when you have reached this goal?

Achievable: Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?

Items I need to achieve this goal:

How I'll find the time:

Things I need to learn more about:

People I can talk to for support:

Relevant: Why is this goal significant to your life?

Timely: When will you achieve this goal?

This goal is important because:

The benefits of achieving this goal will be:

Take Action!



Potential Obstacles

Potential Solutions

Who are the people you will ask to help you?

What is the FIRST step you need to take to meet your goal?
