



A FEW MINUTES, JUST FOR YOU

Weekly Check-In

You spend all week making sure everyone else is okay. This is one page dedicated to YOU being okay.

1 MY HEALTHY LIFE GOALS THIS WEEK

Choose one or a few realistic goals, like seeing a friend or going to bed on time.

2 ONE THING THAT WOULD MAKE THIS WEEK EASIER

What's one thing you can ask for, postpone, or automate this week?

3 WHAT I'M NOT GOING TO DO

Pick one thing you're letting go of, on purpose, without guilt. This week I am not going to...

4 WIN OF THE WEEK

Caregivers rarely stop to acknowledge what they've accomplished. At the end of the week, what's one thing you're proud of, even if it seems small?
