

**Me, Myself & I**

**30 days of change**

DAY 1

Times I've sucked at self-care	What it taught me

DAY 2

Describe 10 interesting facts about YOU  
- PRESENT YOUR STRENGTHS

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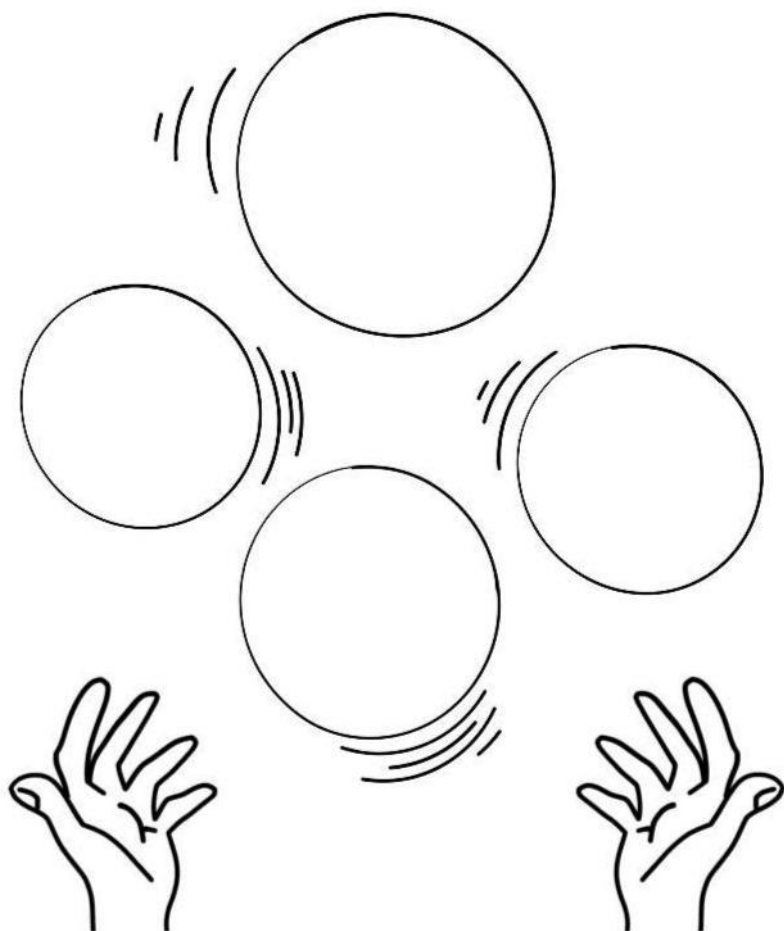
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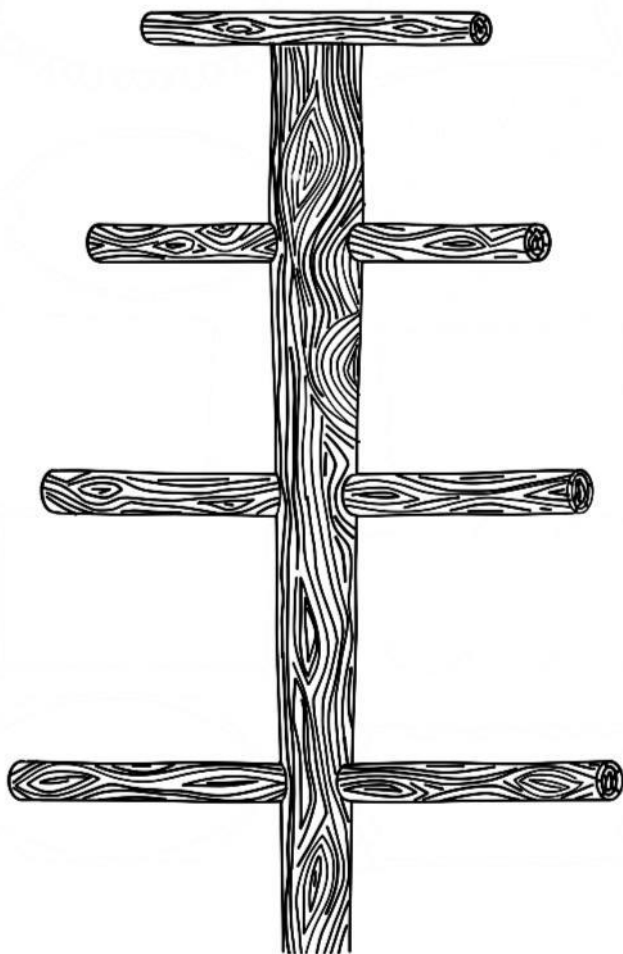
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What balls are you juggling?



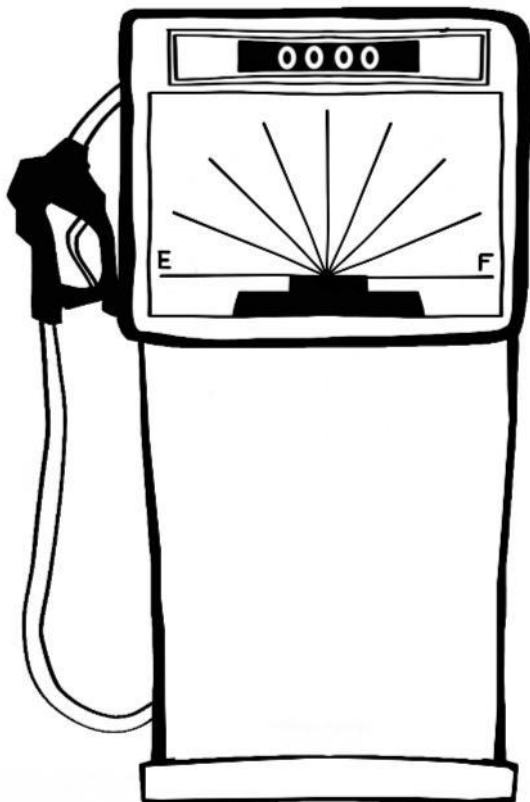
DAY 4

We're rarely at the top of the pecking order, where we belong. Where do you feel you're currently at?



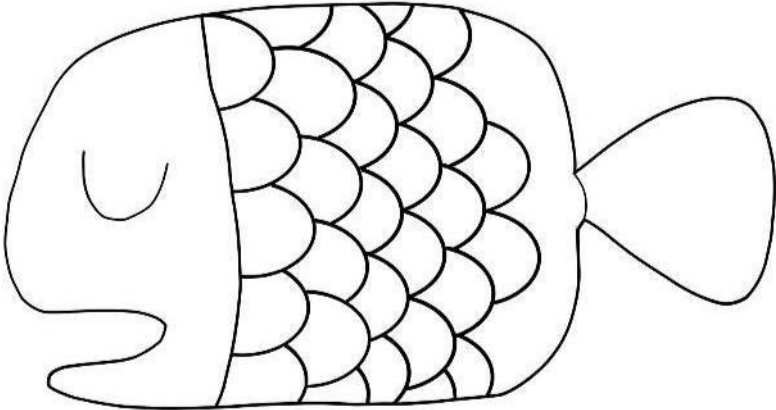
DAY 5

Use the gauge below to mark how full, or un-full, your tank is right now.



DAY 6

This is a monthly mood tracker.  
Decide on differing moods for your colour-coded key  
and fill in an area of the fish a day, to represent  
the mood which summed up the day for you.



Your Mood

<input type="checkbox"/>	eg. happy	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>

DAY 7

I want to do, be, have and feel

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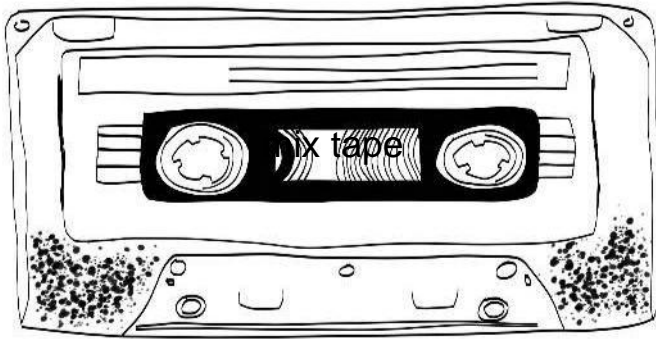
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DAY 8

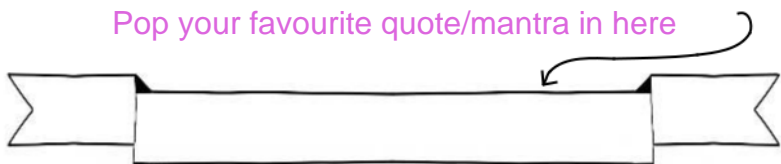
Make a playlist of songs which make you happy



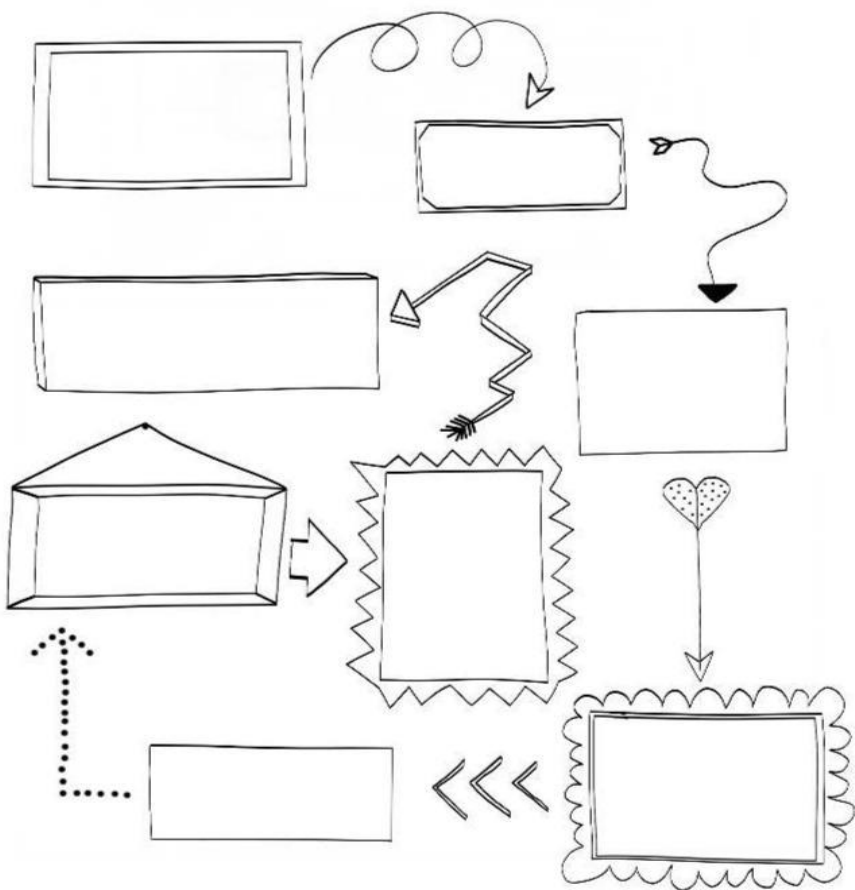
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DAY 9

Pop your favourite quote/mantra in here



Then the things which calm, comfort and reassure  
in these:



**DAY 10**

Take time to write down all the negative things  
you have been told:

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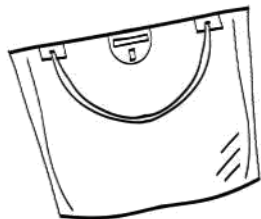
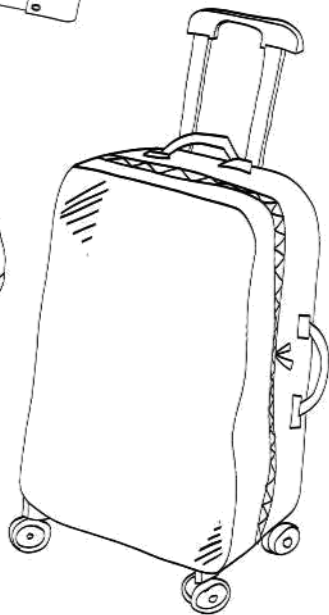
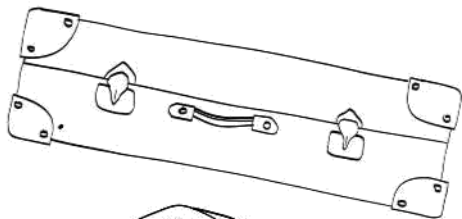
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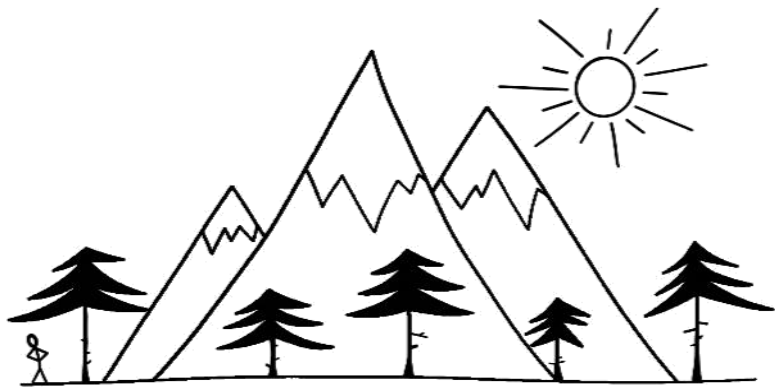
**Now scribble over them – they're  
NOT  
your truth.  
Pinky promise!**

What life baggage are you carrying? Name it!



DAY 12

What, or who, keeps getting in your way?



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Time for reflection

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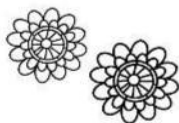
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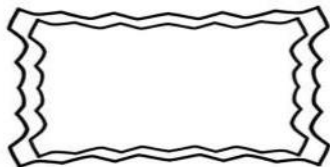
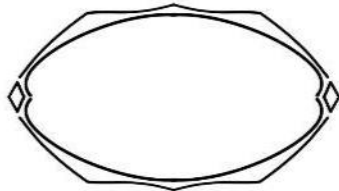
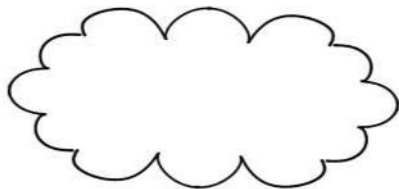
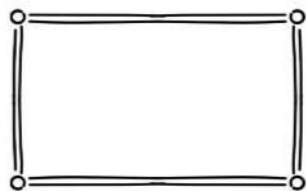
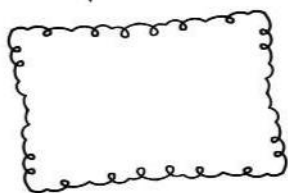
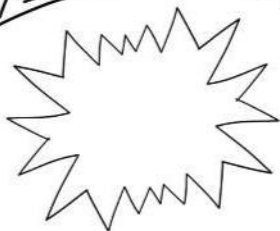
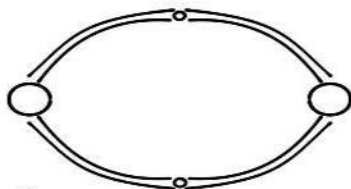
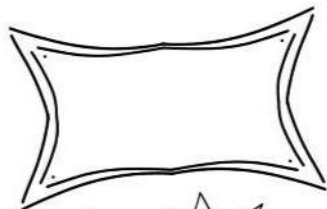
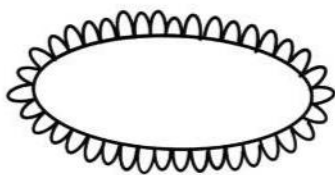
DAY 14



\_\_\_\_\_ 's favourite things

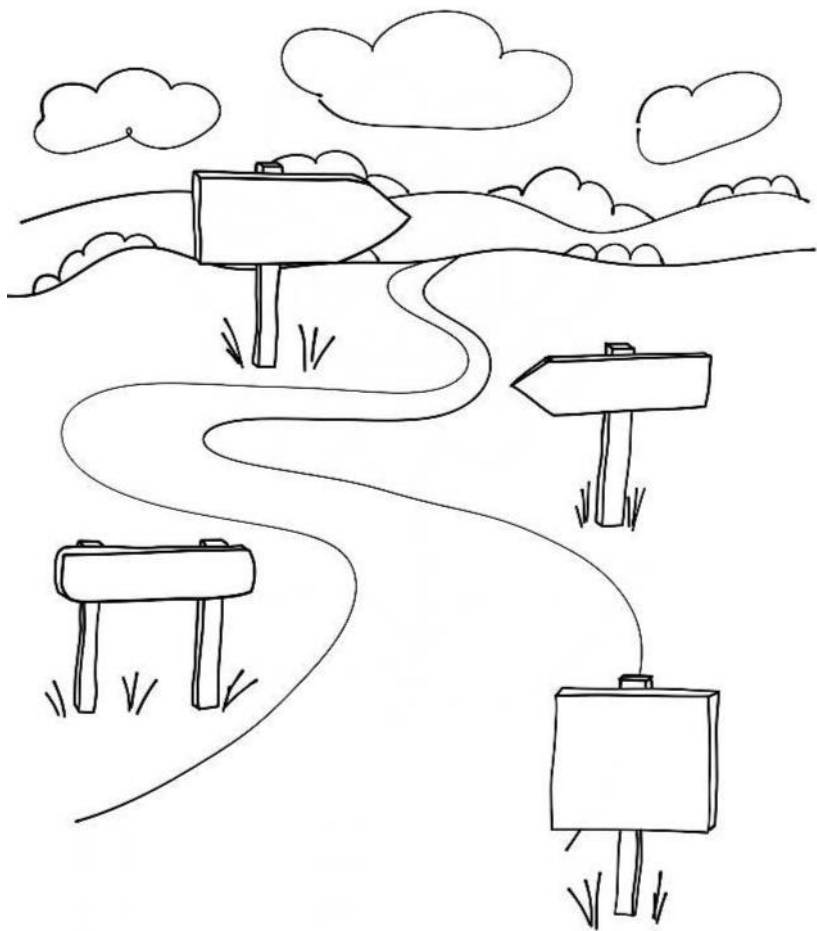


Your 10 favourite positive words

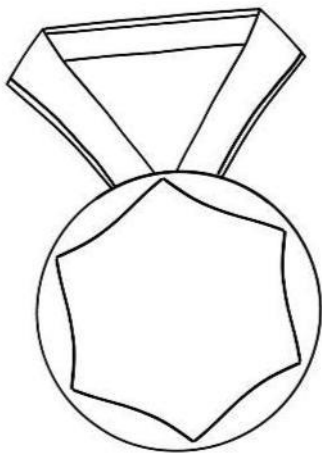
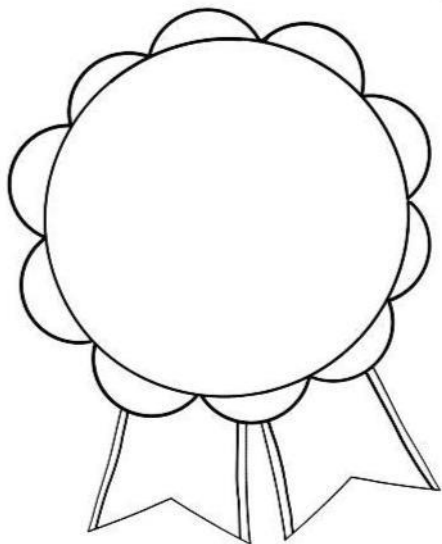
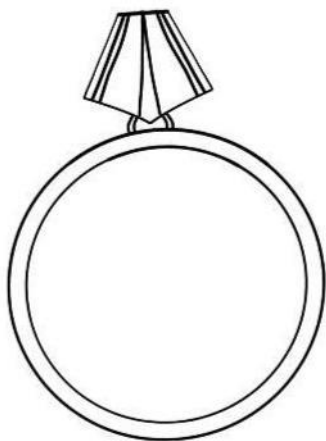




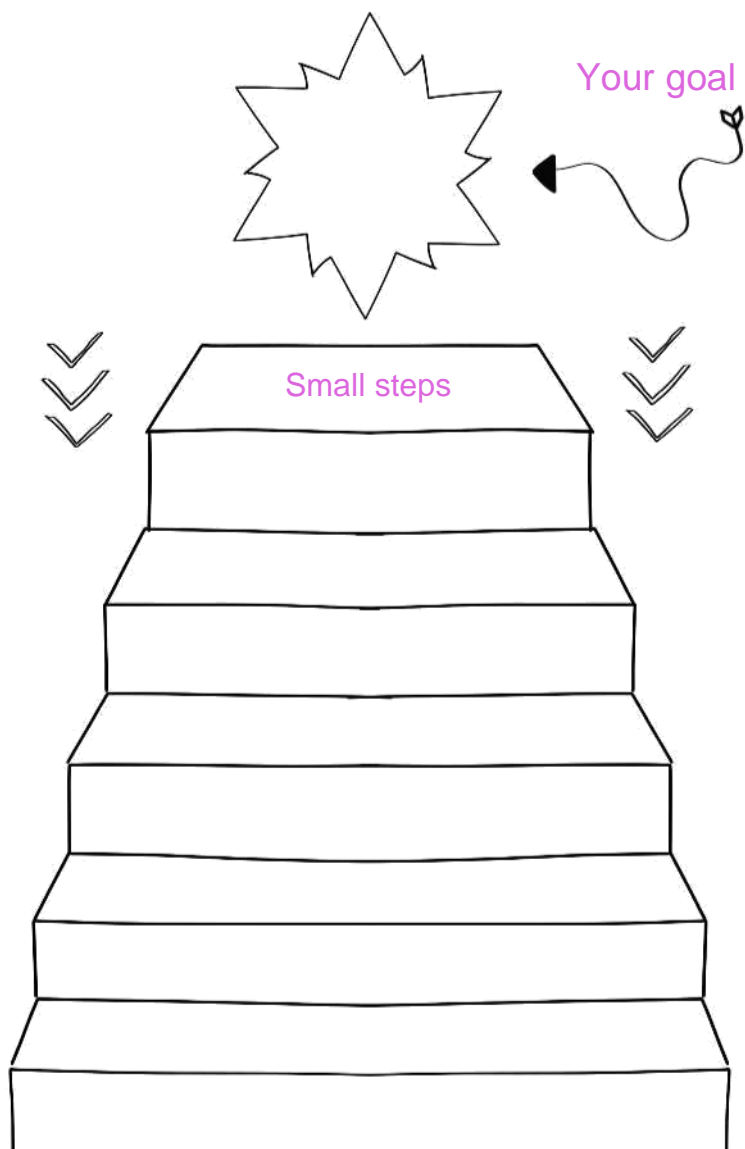
We all have fears, use the signposts  
to name yours



Name your acts of bravery



DAY 18



DAY 19

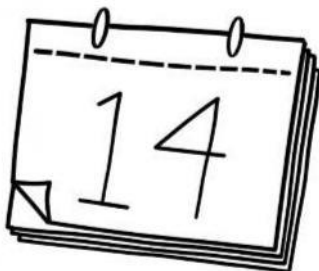
What 'self-care' acts are taking your fancy?

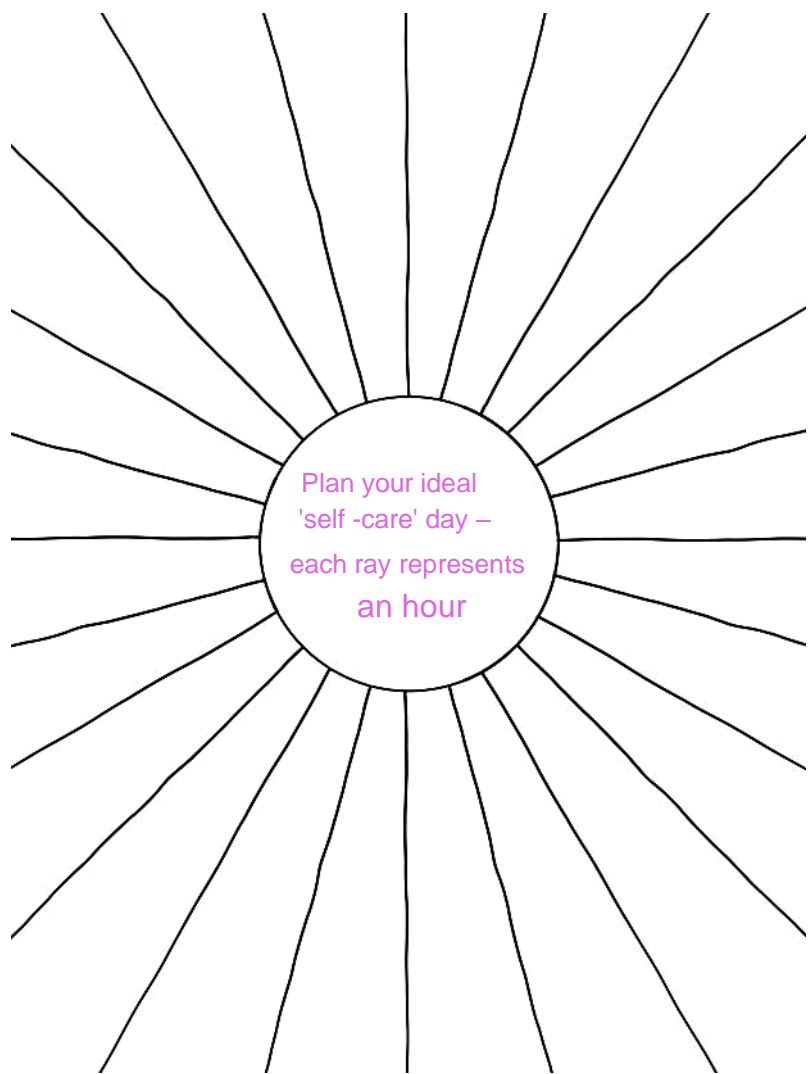
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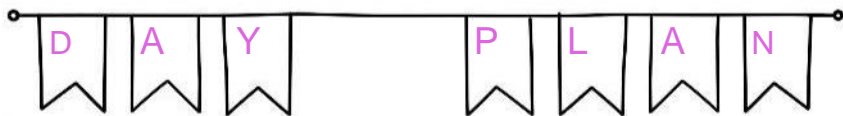
How will you make time for them?

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Quick! Pop them into your calendar/schedule.







To do

A rectangular box with a horizontal line near the top and seven small circles arranged vertically on the left side. The box is marked with diagonal lines at the corners.

Drinks

A rectangular box containing seven teardrop-shaped icons arranged in a horizontal row.

Sleep

A rectangular box containing ten vertical bars of equal height and width, arranged in a horizontal row.

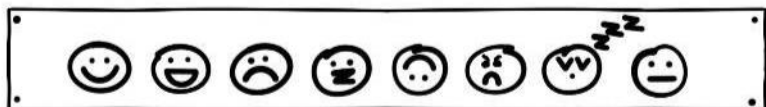
The best part:

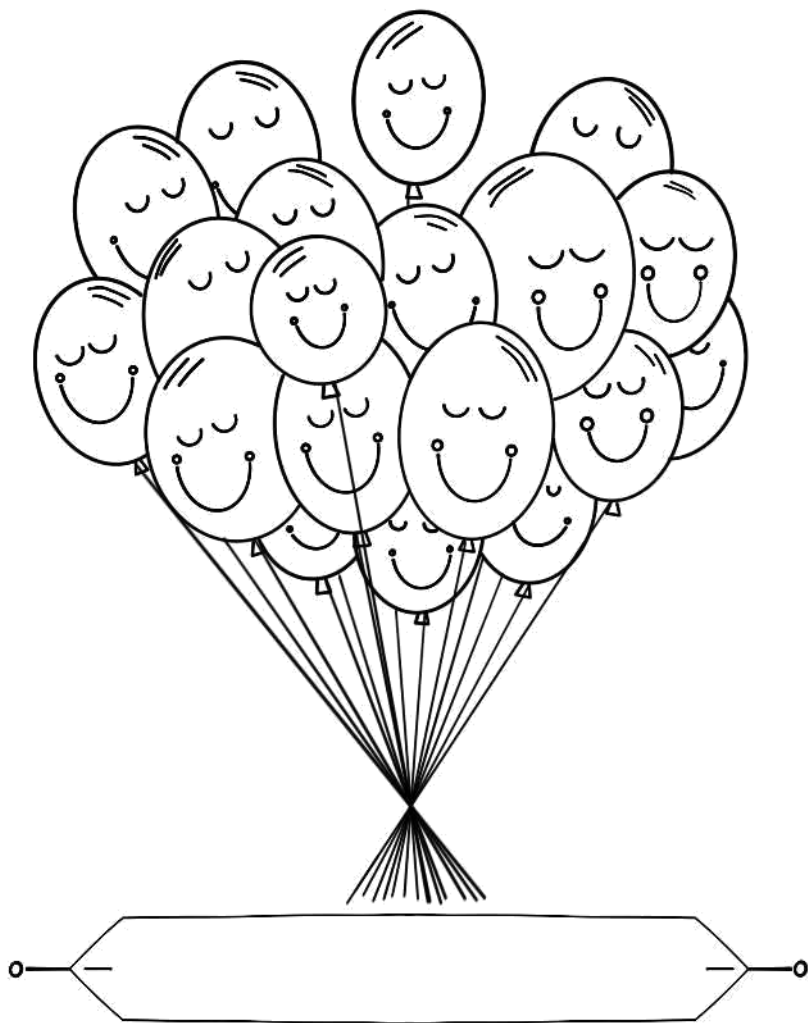
A large, empty rectangular box for writing.

The worst part

A large, empty rectangular box for writing.

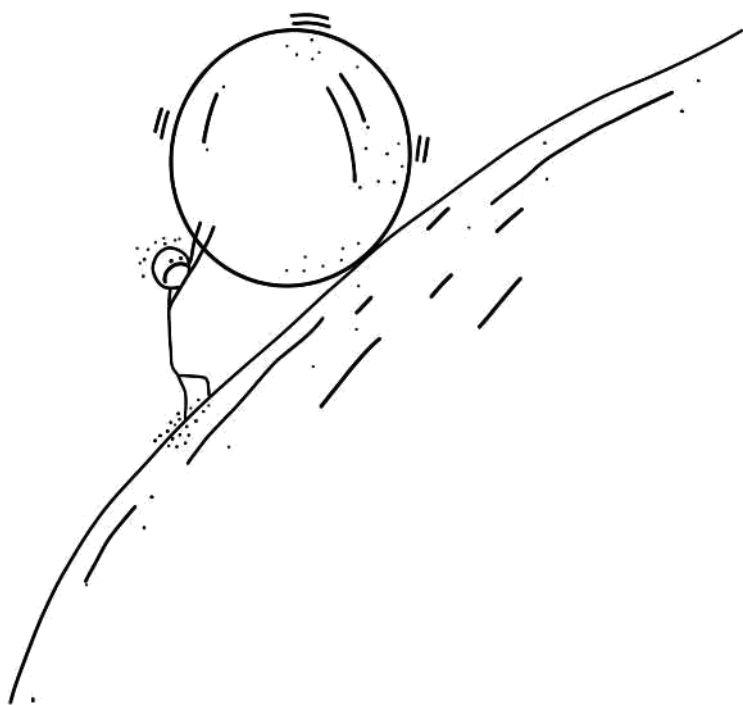
Self-care plan:

A large, empty rectangular box for writing.



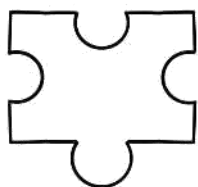
Who lifts you up?

Who holds you back?





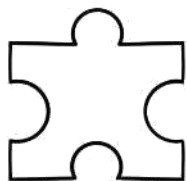
What's missing in your life?  
What support do you need?



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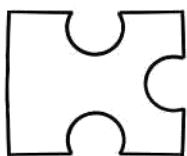
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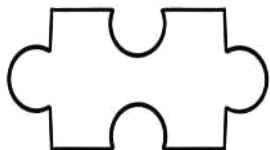
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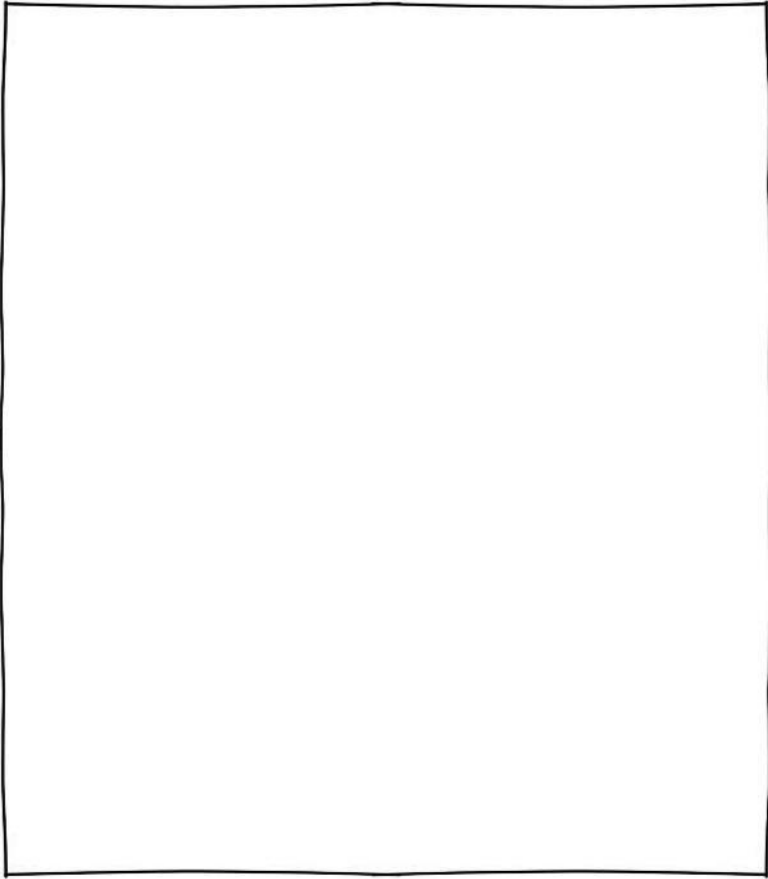
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DAY 25

Consider this: what advice would your elder-self give you right now? Complete the box below.

A large, empty rectangular box with a black border, intended for the user to write their response to the prompt above.

That older self of yours is a wise 'ol owl

DAY 26

Make a list of the things that comfort you  
on your weaker days



Consider your bedtime routine  
What's your plan to get a good sleep?

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DAY 28

Reflect on the things you enjoyed when you were a child

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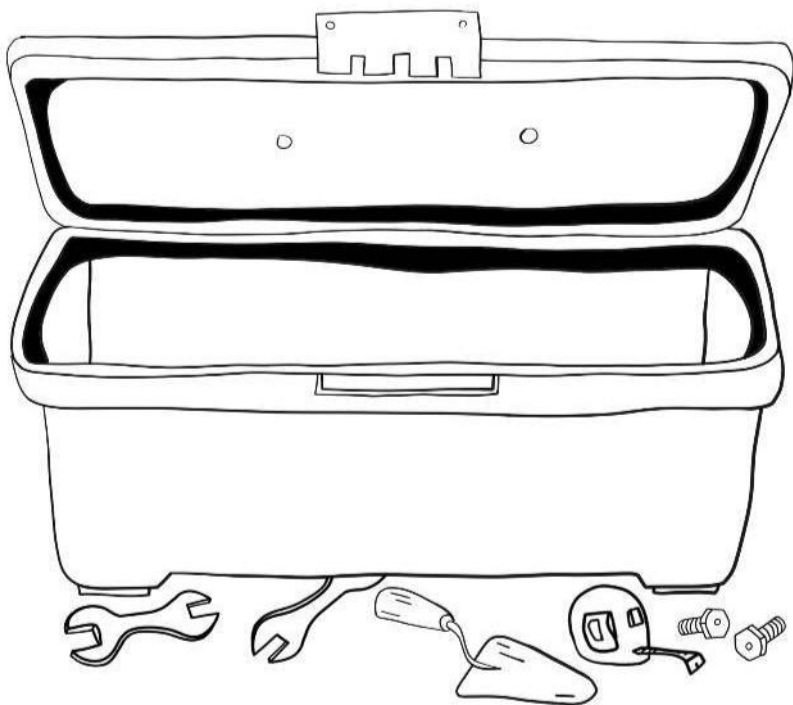
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What's worrying you?  
Brain-dump in the space below.

A large, empty rectangular box with a black outline, intended for a brain-dump or writing. The box is centered on the page and occupies most of the lower half of the page.

Self - care toolkit. What tools are in yours?



## Congratulations! Your Emergency Self -Care Plan





## Additional Notes

My self - care declaration

I promise to:

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I will remember to:

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At all times, particularly in times of stress  
or uncertainty, I will:

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I will try my absolute hardest to:

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I will choose kindness. Always.

Signed:

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