

Self-Care Commitment Form

Fill in as many forms of Self-care as you want to commit to this week. Change the wording if necessary to make the form fit your commitments.

My Self-care commitment to sleep is (number of) _____ hours a day, (number of) _____ days a week on (list the days) _____.

My Self-care commitment to exercise is to (indicate form of exercise) _____
(number of) _____ minutes a day, (number of) _____ days a week on (list the days)
_____ in the (indicate morning,
afternoon or evening) _____.

My Self-care commitment to focus is to (indicate how you will focus or what you will focus on)
_____ (number of) _____ minutes a day, (number of) _____
days a week on (list the days) _____
in the (indicate morning, afternoon or evening) _____.

My Self-care commitment to meditation is (number of) _____ minutes a day, (number of) _____
days a week on (list the days) _____
in the (indicate morning, afternoon or evening) _____.

My Self-care commitment to play is to (indicate form of play) _____
(number of) _____ minutes a day, (number of) _____ days a week on (list the days)

in the (indicate morning, afternoon or evening) _____.

Signed:

Date:

Witnessed by:

Date:

Post the completed, signed and dated form in your calendar, planner or work space. Reserve the time in your calendar or planner for your Self-care commitments.

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OFFENDING COMMAND:

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