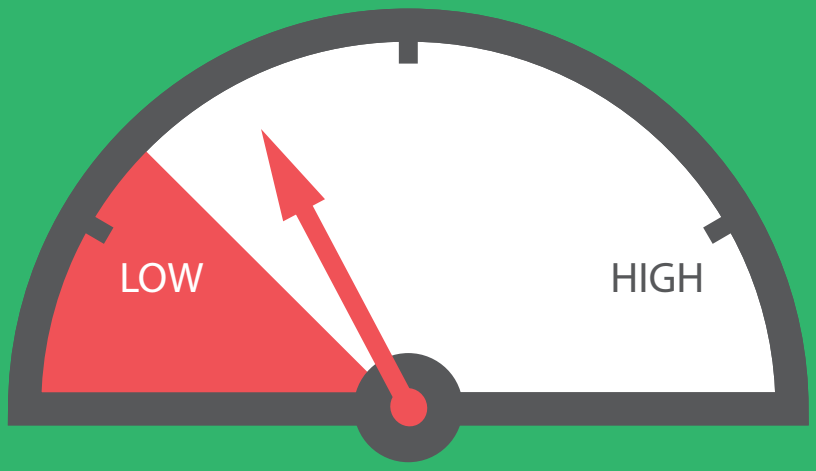
Self care



There's more to do and not enough time to do it all. Things crop up unexpectedly - demands, distractions, and requests - you try to get everything done but at what cost?

Start each day with a commitment to focus on today's priorities AND to take care of yourself.

Resilient people take care of themselves so they can perform well.

Where do YOU figure in today's priorities?

Self care list

- ☐ Keep hydrated
- ☐ High energy brain food
- ☐ Fresh air
- ☐ Comfort break
- ☐ 5 a day fruit / veg
- ☐ Relaxation
- ☐ Walk / move around
- ☐ Connect with people
- ☐ Ask for help
- ☐ Switch off
- ☐ Mindfulness

To do list

- ☐ Urgent
- ☐ Urgent
- ☐ Urgent
- ☐ Priority 1
- ☐ Priority 2
- ☐ Priority 3
- ☐ Priority 4
- ☐ Priority 5
- ☐ Important
- ☐ Important
- ☐ Important

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How I've taken care of myself today

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Intention for tomorrow

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