Self Care Contract

I __________________________ commit to set aside at least 3.5 hours each week (1/2 hr per day) of the term for my self care, in whatever framework works for me.

For this hour, my self care will be the most important thing. I will set aside my stresses and responsibilities and do something that fuels my energy and restores my peace of mind, something that allows me to reflect, think or relax, whichever suits my needs.

Self-care options:

1. ____________________________________________________________

2. ____________________________________________________________

3. ____________________________________________________________

4. ____________________________________________________________

5. ____________________________________________________________

Date: ____________________________

Keep this with you or post somewhere you can see it, to help you remember the commitment you’ve made.