**My Self-Care Promise**

Prioritizing self-care means creating space for the things that nurture and energize us to be better than we were yesterday.

Use this sheet to reflect on your true, unique needs, and come up with some ideas, sayings, mindsets, and activities that you find restorative, enjoyable, and energizing.

**I promise myself that:**

*When I’m feeling overwhelmed at work, I will….*

*The next time I feel anxious or stressed on the job, I can…*

*When I feel lost or unsure at work, I will stop and….*

*In an effort to be better than I was yesterday, I will strive my hardest to….*

*If I find myself making excuses at work or at home, I will….*

*I choose to treat others and myself, always, with…*

**Signature: Date:**\_\_\_\_\_\_\_\_\_\_\_\_\_