



SELFCARE Q&A

ANSWER AS HONESTLY AS YOU CAN

HOW AM I FEELING TODAY?

WHAT AM I THANKFUL FOR TODAY?

WHAT POSITIVE AFFIRMATION HAS HELPED ME TODAY?

WHAT NEGATIVE ATTITUDE DO I NEED TO CHANGE TODAY?

DID I NEED ANY ADDITIONAL SUPPORT TODAY?

WHAT HAVE I LEARNT FROM TODAY?

TOMORROW I AM LOOKING FORWARD TO: