

SELF-CARE PLAN

FOR A SHORT TERM PROJECT OR CHALLENGE

CHALLENGE	START DATE	END DATE
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PURPOSE	INTENTION		
<p>Why are you doing this challenge now? Why this project this time?</p> <div></div>	<p>Choose ONE word to describe how you want to feel <i>during</i> and <i>after</i> the challenge.</p> <table><tbody><tr><td>DURING</td><td>AFTER</td></tr></tbody></table>	DURING	AFTER
DURING	AFTER		

BIG ROCKS

What/who are the big rocks in your life that can't move? How will you care for them? Be specific.

ESSENTIAL EXTRAS

List the non-negotiable events that will come up.

NOT HAPPENING

What will you say no to in advance?

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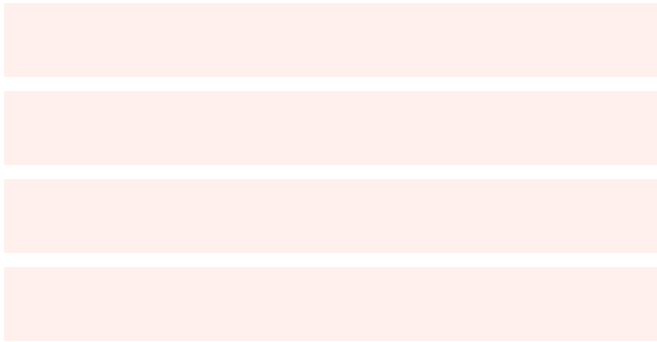
MEAL PLAN

How are you going to feed yourself and your household? Can you meal prep now? Ask for help? Order subscription boxes?



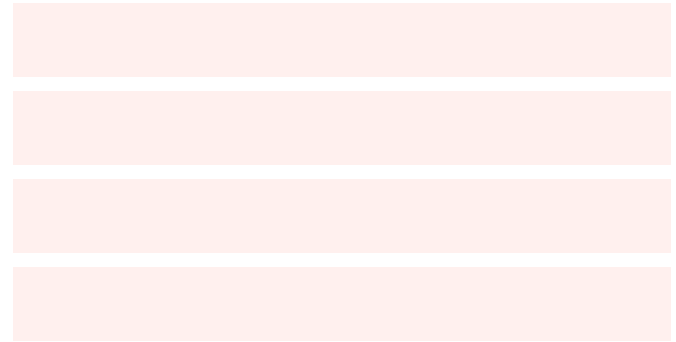
DAILY RESTORATION

How will you restore your body and mind everyday?



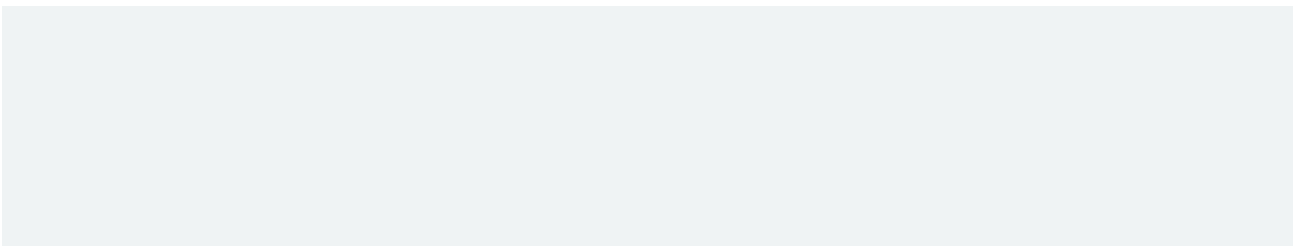
MOVEMENT

How will you physically move your body?



CELEBRATE

How will you celebrate not only completing the challenge but completing it without depletion? Brainstorm here and circle favorites!



Now go post this somewhere highly visible to hold yourself accountable!