

mental NEED

Affirmation

Project Task

Boundaries

- Saying no when you'd rather not do something
- Not volunteering for extra work
- Communicating needs directly to others

Cognitive Abilities

- Learning something new
- Playing brain games to improve concentration
- Reading



therapy

Take a Break

yoga preparation CHECKLIST

details

Class Name :

Address/Phone :

Practice Schedule :

Coach :

Morning Routine

- Take a shower before class
- Skip the perfumes
- Skip the scented lotion
- Avoid eating before class
- Leave your shoes at the door
- Sign in and pay before class
- Practice seriously
- Stay calm

Remember!



happy SCHEDULE

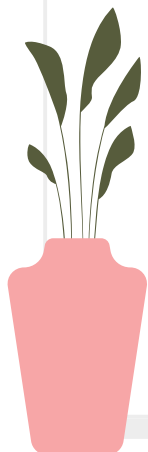


Morning Routine

- Wake up on time
- Stay away from social media
- Record positive affirmation
- Exercise for 30 minutes
- Shower
- Eat a nutritious breakfast

goals

Personal Time



Mindful Awareness



monthly ACTION



jan-mar

S	M	T	W	T	F	S

Self-Care Action

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

apr-jun

S	M	T	W	T	F	S

Self-Care Action

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



physical NEED

health care

Annual Check-up for a month

- 1
- 2
- 3
- 4
- 5

Health Issue

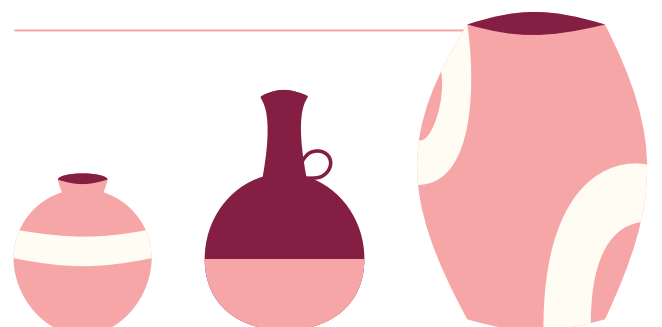
Doctor's Note

Nutrition

Breakfast

Lunch

Dinner



Sleep

- ✓
1
- ✓
2
- ✓
3
- 4
- 5

- 1
- 2
- 3
- 4
- 5

