

# SELF-CARE REFLECTION

*Self-care*  
IS EMPOWERMENT

Date:

WITH DR. DANICA HARRIS

Directions: At the end of a long day, sit down, take a breathe and look at the questions below. Take a couple of minutes to think and write down your answers to get a better insight on your version of self-care.

What's one thing I am willing to do differently to take better care of myself?



What is a boundary I need to set and how can I communicate that to others?



What do I stand to gain by engaging in more self-care? What am I afraid I will lose if I do?



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