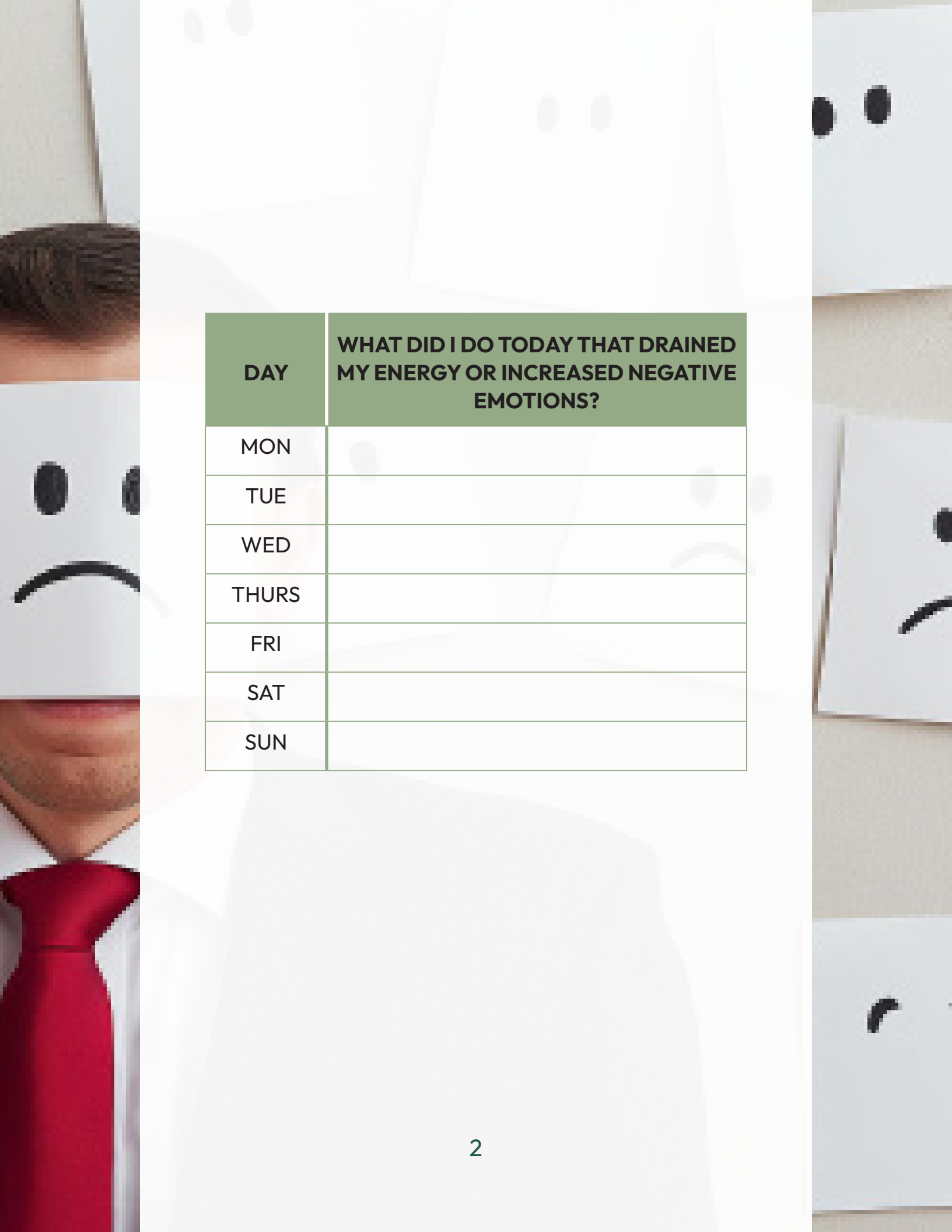




SELF-CARE GRID

Just like a battery we often encounter situations that either fill us up with charge or zaps us of all our energy. Take a moment to reflect at the end of each day this week on what activities/people/places made you feel energised/good about yourself, and what drained your energy or contributed to putting yourself down.

DAY	WHAT DID I DO TODAY THAT MADE ME FEEL ENERGISED OR INCREASED POSITIVE EMOTIONS?
MON	
TUE	
WED	
THURS	
FRI	
SAT	
SUN	



DAY	WHAT DID I DO TODAY THAT DRAINED MY ENERGY OR INCREASED NEGATIVE EMOTIONS?
MON	
TUE	
WED	
THURS	
FRI	
SAT	
SUN	