

Caregiver Role Identification

- 1.
- 2.
- 3.
- 4.

- 5.
- 6.
- 7.
- 8.

One weed I have identified in myself:

Strengths & Challenges Exercise

One strength I recognize in myself:

One challenge I tend to struggle with:

One way I can utilize my strength to assist in my self-care/self-love journey. (Make sure the response is self-directed instead of other-directed).

One way I can utilize my strength to help combat my challenge.

Self-Care/Love Plan – First Step

As part of my commitment to self-care/love, I choose to:

I will incorporate this practice into my daily/weekly routine by:

Choosing a self-care/love practice is important to me because:

The first step to healthy caregiving begins with me.

