Q:

SELF-CARE IS SO ESSENTIAL BUT OFTEN TIMES WE TELL OURSELVES "THERE'S NO TIME!" IN THE WORKSHEET BELOW, CONSIDER ALL THE THINGS YOU CAN DO WITH WHAT YOU DO HAVE. SOMEDAYS YOU MAY HAVE 10 MINS TO YOURSELF, WHILE ON OTHER DAYS 1 MINUTE MAY BE ALL YOU HAVE. EITHER WAY, THE GOAL IS TO MAKE THE MOST OF WHAT WE DO HAVE AND CAN DO. DO YOU DARE?

GOT 10 MINS?	GOT 5 MINS?	GOT 1 MIN?
e.g., Go for a walk outside	e.g., 5 minute meditation	e.g., close my eyes and take some deep breaths

NEED SOME IDEAS? check out my Got 10?, Got 5?, & Got 1? boards on pinterest.com/playbigplaynow

"Self-care is never a selfish act–it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others." _ Parker Palmer

BIG PICTURE
FINE FOCUS