



My Plan to Take Care of Myself

Look at your Wheel of Life and determine the three areas that are possibly causing your ride to be bumpy. Think of three strategies you would like to try to help smooth out your ride. If you need help coming up with ideas, ask a friend or refer to documents on the FamiliesLead.org website. Write your three ideas down.

1.

2.

3.

What ONE idea will you try in the next month?

Who will you ask to support you in taking care of yourself? Refer back to your Circle of Support (if you did this activity)

**Keep this as your contract with yourself.
Check back often to see how you're doing.**