



My Self Care Contract

1. I will speak to myself with kindness and compassion.
2. I will forgive myself for not knowing then what I know now.
3. I will reflect every day on 3 things that I did well that day.
4. I will say no to people, places and activities that do not bring me joy.
5. I will label a mistake or regret as a “lesson” and focus on what I learnt from it.
6. I will say no to anything I feel I am not ready for, feels unsafe or compromises my values.
7. I will not be bullied, coerced and forced into doing something I am not ready for.
8. I will walk away from anything or anyone that doesn't serve me well.
9. I will expect others to treat me with respect, dignity, honesty and fairness.
10. I will take responsibility for the actions of myself, and myself only, not others.
11. I will accept that not everything is about me and the actions of others may be a reflection of the hurt, pain or anger they are dealing with.
12. I will be supportive to those around me but will not be their emotional punchbag.
13. I will be patient with others who, just like me, are trying to make their way through life, accepting that at times our journeys can be different and headed in different directions.
14. I will remind myself daily that what I feel, think or want matters and prioritising myself is imperative to my wellbeing.

I, _____ , agree and commit to EMPOWER myself and live a life that is happier, healthier and stress free by following the rules set out above.

I give myself permission to put myself first and fully understand that self-care is not selfish. I acknowledge and accept that I am important and deserve all good things in life.

Signed _____ Date _____