

MY COMMITMENT STATEMENT FOR SELF CARE

Print out this page, sign it, and post it somewhere you will see it every day.

Let this be your daily reminder to take better care of yourself.

I understand that the human body possesses an enormous, astonishing, and persistent capacity to heal itself. Today I, _____, commit to Self-Care to encourage my body to heal and allow me to enjoy my life to the fullest.

I understand that my role is a significant responsibility to myself and will make it a priority. I will actively participate in the following fitness practices on a daily basis:

- 30 Minutes of Moderate Exercise Every Day
- 40 Minutes of Stretching or Yoga two times per week
- 40 Minutes of Weightlifting, two times per week

Additional holistic self-care practices I agree to bring into my daily lifestyle include:

- _____
- _____
- _____

I fully agree to this Letter of Commitment.

Signed _____ Date _____

Print name _____