

## KINDNESS AT HOME™ JOURNAL

### RESPECT • Week 2 • Ages 13-Adult

Self Care is a vital tool to ensure we have time to reboot. It is not selfish to provide time each day to just focus on YOU. What do you do just for you each day? If the answer is difficult to identify, brainstorm some ideas on how you can care for yourself daily. If you've already started this process, attempt to expand or deepen your self care to include long term goals (such as working out or taking a fun class). If you don't care for yourself, how can you expect to provide solid care for others?

SELF-CARE is the first step in CARING.  
**CARING is feeling and showing concern for yourself and others.**

The first place to start CARING is with YOU!

### YOUR TURN

Journal Prompt this week:

**What are some things you do to care for yourself? List at least 5 things you do below:**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.