

## Personal Bill of Rights

- I have the right not to be responsible for the actions and problems of others.
- I have the right not to justify my behavior and my decisions.
- I have the right to ask for what I want.
- I have the right to be angry at someone I love.
- I have the right to change my mind.
- I have the right to determine my own priorities.
- I have the right to expect honesty and respect from others.
- I have the right to express all of my feelings—positive and negative.
- I have the right to feel safe, and be in non-abusive relationships.
- I have the right to follow my own values and beliefs.
- I have the right to make mistakes.
- I have the right to say no to anything that conflicts with my values.
- I have the right to say no to demands that I cannot meet.
- I have the right to say, “I don’t know.”
- I have the right to be healthier than those around me.
- I have the right to be myself.
- I have the right to change and grow.

# MY SELF-CARE GO-TO KIT

A Movie I Love:

A Comforting Song:

A Delicious, Satisfying Meal:

A Form of Exercise or Movement:

A Hobby I Enjoy:

A Grounding Habit:

## REFLECTION QUESTIONS

(Written in collaboration with [Dr. Stephanie J. Wong](#))

Write five affirmations or mantras that resonate with you.

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What is your biggest strength and how can it be used to guide you in this moment?

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Who or what makes your life meaningful right now? List at least three and describe why.

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# Self-Care Reflection

## SELF CHECK-IN

I'm feeling \_\_\_\_\_ right now, and that's okay. All of my feelings are valid.  
(emotion)

In this moment, self-care to me looks like \_\_\_\_\_ .  
(a self-soothing activity of your choice)

It means more \_\_\_\_\_ and less \_\_\_\_\_ .  
(an activity you enjoy) (an activity you'd like to minimize)

I trust myself to do what's right for me. Even if that means I need to \_\_\_\_\_ .  
(a boundary you're setting)

If I ever need anyone, I know that I can reach out to \_\_\_\_\_ .  
(a loved one or resource)

What I love about them is that they \_\_\_\_\_ .  
(a quality about your loved one or resource)

The greatest compliment someone could give me right now is \_\_\_\_\_ .  
(something you love about yourself)

Just as those who care for me are committing to seeing the best in me, I commit to seeing the best in myself.

I love myself because I am \_\_\_\_\_ , \_\_\_\_\_ , and \_\_\_\_\_ .  
(your favorite qualities about yourself)

**I take care of myself because I am worth taking care of.**

## MY NEEDS RIGHT NOW

Circle as many needs as you'd like below.

|                  |                 |               |
|------------------|-----------------|---------------|
| Time Alone       | Confidence      | Add Your Own: |
| Time with Others | A Listening Ear | _____         |
| Rest             | Advice          | _____         |
| Exercise         | Boundaries      | _____         |
| Routine          | Sleep           | _____         |
| Something New    | Balance         | _____         |