

Begin Your Self-Care Journey

with



The Caregiver's Journey™



List things that bring you joy. List blocks of time.
Match what brings you joy by how much time you have.

THINGS THAT BRING ME JOY

I HAVE THIS MUCH TIME

MATCH JOY AND TIME

	Week 1	Week 2	Week 3
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

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MATCH JOY AND TIME

RELAXING	5 MINUTES	SINGING RELAXING
WORKING OUT	20 MINUTES	MEDITATION RELAXING
TIME WITH FRIENDS	HALF AN HOUR	WORKING OUT MEDITATION
SINGING	1 HOUR	PEDICURE WORKING OUT
PEDICURE	2 HOURS	TIME WITH FRIENDS WATCH SPORTS ON TV
ROUND OF GOLF	4 HOURS	ROUND OF GOLF TIME WITH FAMILY
WATCH SPORTS ON TV	ENTIRE DAY	TIME WITH FAMILY GARDENING
TIME WITH FAMILY	OVERNIGHT	TIME WITH FAMILY TRAVEL
MEDITATION	2 DAYS	TRAVEL
GARDENING		