



Holistic Self-Care: Just For Me

You take care of so many other people. Now it's time to take care of you.

Take The Self-Care Pledge Today and make a commitment toward good health and well-being! Choose to experience joy, inner peace and optimal physical health by:

- Having an annual check-up with my medical practitioner
- Having a bi-annual dental check-up
- Having an annual mammogram and pap test
- Knowing my numbers: blood pressure, cholesterol, glucose, body mass index and weight.
- Knowing the warning signs of heart attack and stroke
- Eating fresh fruits and vegetables everyday
- Engaging in regular physical movement activity that is fun for me
- Eating a heart healthy lifestyle.
- Having a pleasurable intimate trusting relationship with a partner who respects and loves me for who I am.
- Confidently speaking up in my authentic voice to express my needs, desires, dreams and wishes.
- Making quiet reflective alone time just for me everyday
- Believing in a Higher Power by trusting my inner knowing.

I hereby Pledge:

*I am valuable - I am worthy of **Loving Self-Care**.*

I give myself permission to put my self-care needs first.

I give myself permission to make requests of others.

I give myself permission to experience joy, passion and pleasure.

I understand that self-care and inner renewal are essential to my mental, physical, emotional and spiritual well-being.

I release myself from feelings of guilt.

I forgive those who do not wish to support me.

I understand that when I take care of me first, others are able to be better taken care of in the process.

I remind myself often that loving me - taking care of me first does not take away from me loving others, it enhances it.

*I understand that **Loving Me - Accepting Me - Taking Good Care of Me** is a prerequisite to being able to give love away unconditionally.*

I understand that I can only give away that which I have developed in myself.

I Take The Self-Care Pledge Today – I Love Me for Who I Am Now!

Sign: _____

Date: _____

I pledge today, and every day from now on, to achieve the most out of every moment of my life. I choose to experience joy, happiness, optimal health and balance in my life by loving myself mind, body & soul – as I am – For Who I Am.

(Sign, Print and Post In A Visible Place. Read Daily!)

Yolanda G. Smith, RN, MSN, CCRN – Founder/Director

Holistic Self-Care: Just For Me, Inc.