



# TO-ATTEMPT LIST

CARE TASKS ARE NOT MORAL

## ENERGY LEVEL

☐ big energy ☐ feeling good ☐ low-key ☐ survival mode

## TO-ATTEMPT

- |                         |                         |
|-------------------------|-------------------------|
| 1. <input type="text"/> | 5. <input type="text"/> |
| 2. <input type="text"/> | 6. <input type="text"/> |
| 3. <input type="text"/> | 7. <input type="text"/> |
| 4. <input type="text"/> | 8. <input type="text"/> |

## REST PLAN

## REASONS TO CELEBRATE TODAY:

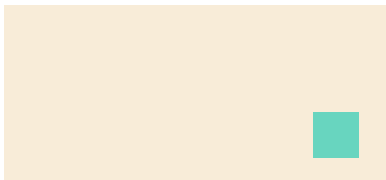
- |   |   |
|---|---|
| <input type="checkbox"/> I listened to my body  | <input type="checkbox"/> I accomplished something |
| <input type="checkbox"/> I cared for someone  | <input type="checkbox"/> I survived               |
| <input type="checkbox"/> I laughed or saw something beautiful   | <input type="checkbox"/> _____                    |
| <input type="checkbox"/> I was flexible and aware enough to make adjustments based on me & my family's evolving needs |   |



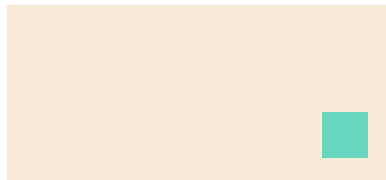
# MONTHLY MAINTENANCE

I CARE FOR MY SPACE SO IT CAN CARE FOR ME

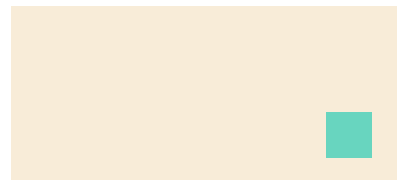
**JANUARY**



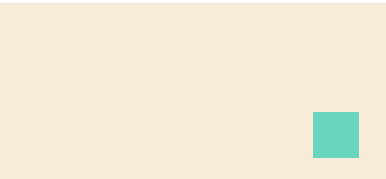
**FEBRUARY**



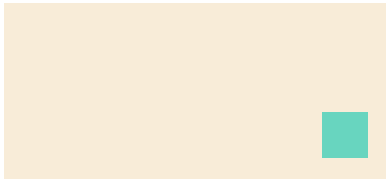
**MARCH**



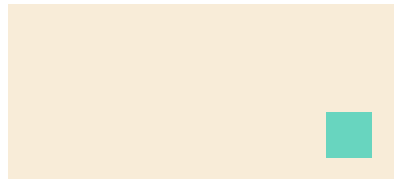
**APRIL**



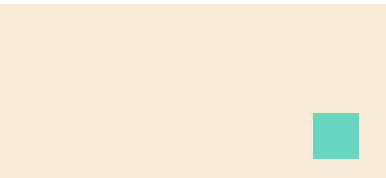
**MAY**



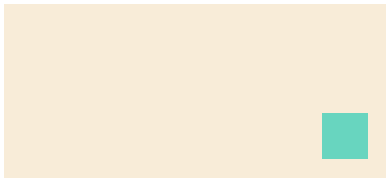
**JUNE**



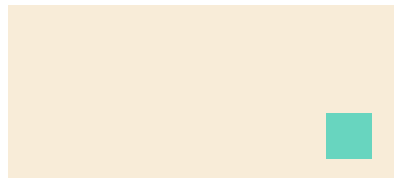
**JULY**



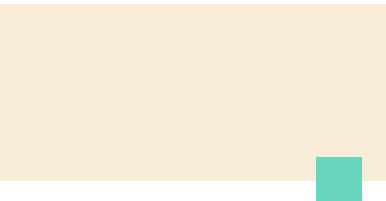
**AUGUST**



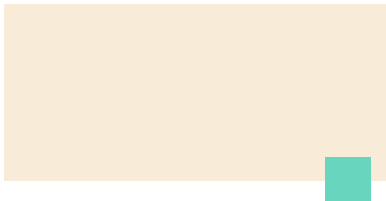
**SEPTEMBER**



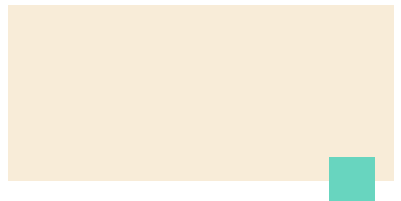
**OCTOBER**



**NOVEMBER**



**DECEMBER**



*If you did something joyful this year then you did enough. What is life for anyways if not joy?*



# WEEKLY TASKS

MAINTAINING A SPACE THAT CARES FOR YOU

*reminders*

This is not a  
scorecard.

This is not a  
judgment on  
days that you  
miss.

Missing days is  
morally  
neutral.

This chart  
exists to serve  
you. You don't  
exist to serve  
this chart.

ROOM:

**M**

**T**

**W**

**TH**

**F**

**S**



# CLOSING DUTIES

CARE TASKS ARE NOT MORAL

## CLOSING DUTIES

1.

4.

2.

5.

3.

6.

## SURVIVAL DAY CLOSING DUTIES

## AFFIRMATIONS



CLOCK OUT TIME:

*This List is Morally Neutral*

## REMINDERS, TASKS, & GRATITUDE LISTS

[illegible]



# TODAY I AM SURVIVING

YOU DON'T HAVE TO CARE ABOUT YOURSELF  
TO CARE FOR YOURSELF

## SUPPLIES

<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	

## OPENING DUTIES (PICK TWO)

<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	

## CLOSING DUTIES (PICK TWO)

<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	

**CRISIS LINE: 1-800-273-8255**

*Your job today is to stay alive*