



# 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**



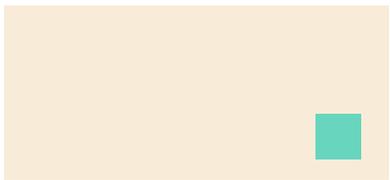
**MAY**



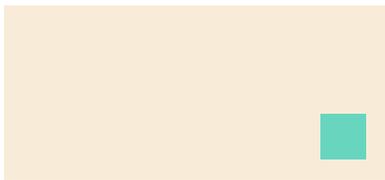
**JUNE**



**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:





# 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*