

Survival Guide

MISSION SHEET



I CONQUERED THE DAY TODAY

- Drank enough fluids
- Spent a few minutes journaling
- Kept a food & activity log
- Ate a healthy meal
- Took my medications
- Checked for upcoming appointments
- Took my vitamins
- Spoke to myself with love and kindness
- Found something to be grateful for today
- Put my screen down and read before bed
- Did breath work, meditation, or prayer time
- Acknowledged I did the best I could today, and it was enough

EXTRA POINTS

- Took a nap
- Self-care in the form of _____
- Said 'no' to an event or commitment without guilt
- Completed _____ minutes of exercise or movement
- Took a shower
- Soaked in a bubble bath
- Got a massage, acupuncture, or other care treatment
- Had a healthy juice or smoothie
- Did something for just me

NOTES

FLARE DAY DISASTER MODE

- Reach out to a trusted friend to cry/chat/vent
- Watch a feel-good series or movie
- Treat myself to my favorite comfort food
- Log off social media
- Allow my body to stop and rest
- Lose myself in my favorite music