## Kindly Helping Myself Stay Oriented

Am I feeling disoriented? Am I feeling lost, lethargic, sad, discouraged?

I can help myself with this. I can remind myself who I am and what I value doing.

Week of \_\_\_\_\_

I give myself kind, adequate self-care.	S	Μ	Т	W	Th	F	S
Sleep (on a kind, self-orienting schedule)							
Nutrition							
Motion and/or exercise							

I orient myself.	S	Μ	Т	W	Th	F	S
Each morning, I schedule my day with what I							
think will be most helpful to me.							
I note 3 things I want to be able to say I							
completed today. I may not complete them but I							
help myself by having them in mind from the start.							
1) 2) 3)							

Here are things I have found helpful to do, or might find helpful to do, based on my priorities for myself. I may not do all of them every day, but I may find it helpful to do many of them most days.

I take orienting action.	S	Μ	Т	W	Th	F	S
Do a task related to learning something new							
that adds to my credentials.							

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One-time ideas: