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Mindset Coach

Positive Mindset Programme

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MINDSET COACH

My Self Care Plan

Mind → **Body**

Soul →

Who could help achieve these new habits?

Making Self- Care a Habit

When we first start to do something, it's easy to forget and not do it. It's important to make self-care a habit. The best way to do this is to join a new habit onto an existing habit. That's why we asked you last week to say your power statements when you brush your teeth.

New habit 1

Old habit to link to

New habit 2

Old habit to link to

New habit 3

Old habit to link to