



PLEASED SKILL JOURNALING

EXPLORING SELF CARE

INSTRUCTIONS

In your journal or in the space provided below, answer the following questions about the PLEASED (physical activity, illness treatment, eat balanced meals, avoid mood altering drugs, sleep balanced, exercise, daily) skills .

1 Describe your motivation to improve self-care skills.

2 Describe your strengths, barriers and resources in using PLEASE.

3 Describe the skills you will use to address your barriers.

4 Describe your action plan to start today and how your life will be different when you use effective PLEASED skills.
