

My ME FIRST

Plan

M

Mental, Emotional, and Physical Health

1 2 3 4 5 6 7 8 9 10

E

Education and Growth

1 2 3 4 5 6 7 8 9 10

F

Fun and Rejuvenation

1 2 3 4 5 6 7 8 9 10

I

Impact and Contribution

1 2 3 4 5 6 7 8 9 10

R

Relationships and Connection

1 2 3 4 5 6 7 8 9 10

S

Supply and Savings

1 2 3 4 5 6 7 8 9 10

T

Time and Space

1 2 3 4 5 6 7 8 9 10