

Self-Care Contract

This contract is entered into by, (name) _____ for the purpose of knowing my value and worth by showing myself the same compassion that I freely give to the others.

This contract is entered into with the understanding that my mental health and well-being is critical to my survival. I commit to not sacrificing or starving my mental health to feed someone else's insecurities or trauma. I understand that anyone who genuinely loves me would ever require me to do so.

I will respect and honor myself in prioritizing my mental health and well-being by practicing the following self care activities for the next 30 days. The terms of this agreement shall begin _____ and shall continue through its termination date _____.

At such termination date, contract will be reviewed, evaluated and modified as needed.

Signature: _____

Printed Name: _____

Date: _____

Optional: Witness Signature: _____

Witness Printed Signature: _____

Date: _____