



**Mending Hearts**  
**Family Counseling Center, Inc.**  
*Our Passion is Supporting Parents!*

## My Self Care Plan

Self Care can be 5 minutes every day or some combination of 35 or more minutes per week - as long that time “fills your cup” throughout the week.

Best time of day for me: \_\_\_\_\_

Best location for me: \_\_\_\_\_

Three things that make me feel better while I do them:

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Three things that bring me joy that continues with me afterward:

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Three new things I willing to try to bring me joy this next week:

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“The best thing you can do for your children, it to be happy and healthy yourself. You deserve peace, calm, and joy like every other parent and every child. And when you are at peace and filled with joy, what your child needs more than even food or shelter - your unconditional affection - flows naturally out of your without any effort. I’m going to say it again, the best thing you can do for your child is to be happy and healthy yourself. Children do not need perfect parents, they need happy parents.” Dawn Hamilton, LMFT

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