

#MyMoment Tracker

- Decided on your #MyMoment(s) for the week and write them in the first column
- Set out how often you want to do this act of self care
- Give yourself a tick, smiley face or treat yourself to a gold star each time you have a #MyMoment of self care
- Remember to take a photo to post on Yammer and add #MyMoment #SummerofSelfCare



Self Care Habit	#MyMoment 1	#MyMoment 2	#MyMoment 3	#MyMoment 4	#MyMoment 5	#MyMoment 6