

Self -Care Plan

1.	What are you already doing in your life to widen your Resilient Zone?
2.	If you found the skills helpful, how could you weave the skills into your daily routine? Which skills would be the most helpful?
3.	What specifically do you need to do differently to embark on a better self-care plan if you think yours needs improvement?
4.	Write a statement of encouragement to yourself that could strengthen your resolve to improve your self-care plan and stay with it.



Community Plan

1.	How could you use CRM Skills in your community?
2.	What steps would you need to take first to begin to use CRM Skills in your community?
3.	What strengths does your community have that would support bringing CRM Skills to more people?
4.	What challenges would you expect?
5.	When can you start and with whom?