



CARING: THE VULNERABLE VICTOR

When we care for ourselves, and we are able to ask for help because we believe others care for us, we get ahead faster. We feel a greater sense of well-being and opportunity in life. Consider the five areas of your life below and brainstorm ways you can take better care for yourself and also ask for help so others can help support you.

HEALTH

Create a list of how you could take better care of yourself in this area of life.

If you knew you could get support in this area of your life:

- What specific help would you seek from others?
- What questions would you ask an expert?
- What tough truth would you have to admit or share with someone?
- How would you practice better self-care?

RELATIONSHIPS

Create a list of how you could take better care of yourself in this area of life.

If you knew you could get support in this area of your life:

- What specific help would you seek from others?
- What questions would you ask an expert?
- What tough truth would you have to admit or share with someone?
- How would you practice better self-care?

CAREER/MISSION

Create a list of how you could take better care of yourself in this area of life.

If you knew you could get support in this area of your life:

- What specific help would you seek from others?
- What questions would you ask an expert?
- What tough truth would you have to admit or share with someone?
- How would you practice better self-care?

EMOTIONAL WELL-BEING

Create a list of how you could take better care of yourself in this area of life.

If you knew you could get support in this area of your life:

- What specific help would you seek from others?
- What questions would you ask an expert?
- What tough truth would you have to admit or share with someone?
- How would you practice better self-care?

LIFESTYLE

Create a list of how you could take better care of yourself in this area of life.

If you knew you could get support in this area of your life:

- What specific help would you seek from others?
- What questions would you ask an expert?
- What tough truth would you have to admit or share with someone?
- How would you practice better self-care?