

Taking Care of Me

Imagine that you have been given a gift of TIME. How wonderful! Some time for yourself to do whatever you want. However, you cannot use this time to do chores or anything related to your role as a care partner. It is for your personal enjoyment and pleasure only.

NAME ONE THING YOU WOULD DO FOR YOURSELF IF SOMEONE GAVE YOU A GIFT OF:

15 minutes

1 hour

3 hours

1 day

A weekend

A week
