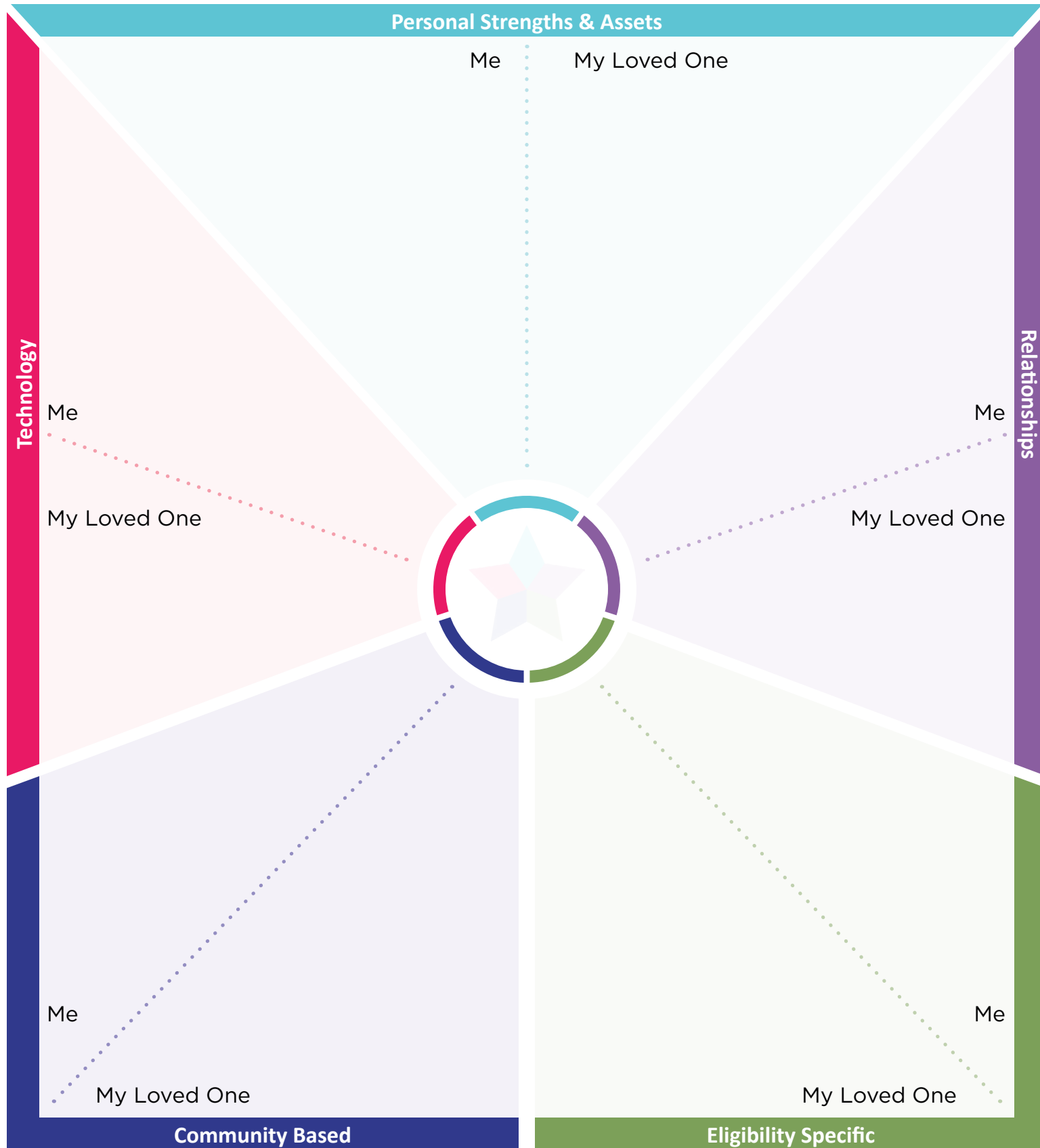




My Name is:



Name: \_\_\_\_\_ Date: \_\_\_\_\_

**What is going on in my life and my caregiving journey?**

**If I had the time, what would I do for myself or my own well-being?**

**What are caregiving things I do that others could do or I could teach others to do?**

*(Note: you can expand on this brainstorming in the Integrated Support Star and Mapping Relationships tools)*





### Past Experiences

What are things in the past that have helped me take care of myself?

### Moving Forward

What needs to be in place to maintain or improve my own well-being while continuing to care for others?

### Vision

Vision for my physical, mental, and emotional well-being:

Vision for a Good Life:

What kind of information, navigation, or skill-building would promote my well-being?

How would opportunities for connecting and networking with others contribute to my well-being?

What good and services (physical, financial, or material) would promote my well-being?

### What I Don't Want

What do I not want to have happen because my needs are unmet?

What is not good physical, mental, and emotional wellness?

What are things in the past that got in the way of taking care of myself while also caring for others?

What are things that could compromise my well-being or my caring for others, that I need to be aware of?