Health and Hospital Corporation SELF-CARE SUCCESS! Things you can do to help yourself. Name: ______ Date: _____

Instructions: When people are depressed they often forget to take care of themselves. By setting self-care goals you can take an active role in helping yourself feel better more quickly. Choose **one or two** of the areas below and **set a goal**. Make sure the goal is clear and possible. In the space below the boxes rate how likely you are to follow through on the goal(s) you set. If you are not very sure you can follow through on your goal you may want to find others or make some changes.

