

This is your Take Care Chart User Guide



You are invited to use the Take Care chart in different ways, at different moments, for different purposes.

It is meant to be a tool to help us engage in learning and living in ways that are worthy, collectively-minded, possible, co-constructed, flexible and fluid, hefty but not heavy. Here are six ways you can use it to help you take care...

Brainstorming

1. Use the example charts for inspiration and think up your own personal lists of particular ways you can and do take care.
2. Keep noticing how you already do take care and look for opportunities for taking care in new ways.

Planning

1. Write down the things you aspire to do in each category--choose priorities, set goals, envision what, when, how, and how often.
2. As you go, see how you do, see how it feels, feel free to adjust plans with care.

Reminding

1. Keep an example chart or your personalized version up where you will see it-- the fridge, a mirror, a desk, a wall, a door.
2. You don't have to write things down or cross things off the list, just remember to take care!

Documenting

1. Review your Take Care lists and check off what you did (hint: use a different dry erase color!) AND/OR
2. Think back on your week or month (hint: scroll through recent photos) and use the blank chart to write down all the ways you took care.

Playing

1. Set a personal or group challenge--for example, do one thing in each category everyday, or do everything on the list in one category all week--and use the chart as your game board. (Bingo!)
2. Play! (The prizes are whimsy, wisdom, wellness!)

Reflecting

1. Revisit your Take Care chart and ruminate on how it's working for you and how well you are taking care.
2. Consider what counts as taking care, what taking care means to you and to others, and whether it's possible to only engage in acts of care.

Take Care of Your Mind Body Spirit Space Family World Everyday & Flourish!

