

Keeping up the You, Me, Baby exercises



Complete your practice schedule for You, Me, Baby exercises:

Week of:	
My objectives: (Write down all your objectives, then underline the 2 most important ones for this week). Note: It is quite normal for the same objective to come up several weeks in a row.	
My allies: (Family)	
My allies: (Network, including professionals, if necessary).	
My main objective:	
My secondary objective:	
My obstacles: (maximum 3) Note: It is quite normal for the same obstacle to come up several weeks in a row.	

My practice slots this week:

Plan A: (Specify days and time.)	
'Plan B if plan A doesn't work: (Specify days and time.)	

IDENTIFYING MY RESOURCES IN THE YOU, ME, BABY PROGRAM



Select up to 3 tools that you will use this week to achieve your objective. Then tick off up to three tools that will help you overcome the obstacles you identified.

Change thoughts:

Have realistic thoughts.	
Set a time limit if you have unhelpful thoughts.	
Use learning if you have unhelpful thoughts.	
Use time projection if you have unhelpful thoughts.	
Do pleasant activities alone.	
Do pleasant activities with someone.	
Have positive interactions with others.	
Use affirmative communication.	
Use validation in communication.	

Promote your well-being and recognize your thoughts:

Practise relaxation (You, Me, Baby audios and videos).	
Practise relaxation (personal audios and videos).	
Practise mindfulness (You, Me, Baby audios and videos).	
Practise mindfulness (personal audios and videos).	
Practise self-compassion.	
Practise gratitude.	
Accept reality as it is.	

My resources:

Consult health resources.	
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