

<p align="center">SHOULD SHONDA is selfless and gives power away</p> <p align="center"><i>-3=Totally me -2= Mostly me -1= Still me</i></p>	<p align="center">SELF-CARE SHONDA is self-FULL and takes power back</p> <p align="center"><i>+1= Getting better +2=Mostly me +3=Totally Me</i></p>	<p align="center">SCORE</p>
I have too much to do! I <i>should</i> stay longer at work, skipping lunch and evening walk.	I have lots to do. I need to pace myself; rest, movement, and nutrition help me function better.	
My supervisor will be mad if I take time off. I <i>should</i> cancel my vacation.	My supervisor gets mad anyway, I might as well go to the beach.	
I'm burning out. The agency <i>should</i> take care of employees.	I'll address burn out! I'll make a SMART plan for what I can do to prioritize my well-being.	
Sorry, Honey, I can't make your game. I have a work crisis and <i>should</i> stay here.	Hey, Colleague! I'm going to my kid's game. Can you take care of X, then, I'll follow up with Y later tonight?	
My job is urgent. I <i>should</i> work until I'm exhausted. I can rest when I die.	If I die tonight, my position will be posted tomorrow. Don't wait. Rest now.	
YES! That's important! I <i>should</i> do it! I don't have anything important to do now.	That sounds important. But, "NO." I have another commitment. (Yippee! I'll finish my book!)	
That person is a jerk. But, I <i>should</i> try to work with them anyway.	Know who people are. That person is a jerk. How can I limit my interactions with them and/or hold accountability?	
Oh, gosh! My supervisor needs volunteers to work extra this weekend. I <i>should</i> do it. OK! I'll do it!	Hmmm...My supervisor asked for somebody to work extra. If I volunteer, I'll be enabling the systemic problem of understaffing. Silence.	
Ugh! I'm setting boundaries! They <i>should</i> respect them.	Boundaries are not about other people's respect; they're about my respect for myself.	
1:00 a.m. Home. Bing! Work E-mail! I <i>should</i> answer it immediately.	8:30 a.m. Office—After morning self-care routine. OK! Time to check e-mails.	
Yawn. I can't take a nap during the day. I <i>should</i> power through!	Yawn. I'm tired. I'll function better after a power nap. Z—zzzzzzzz!	
My supervisor rants, demanding I <i>should</i> be...perfect!	Self-Talk: "Return to Sender! I will not internalize that bullying."	
I'm feeling angry! I <i>should</i> stay calm and get over it.	I have a right to anger—a human emotion. How can I understand and activate anger productively?	
I used to read, hike, travel. But, now my kids are my priority. I <i>should</i> focus entirely on them. I don't have time for myself.	I can model for my kids being human--with interests, needs, and wants. Also, I can integrate these into family time.	
People won't like me if I set boundaries. I <i>should</i> ...	Not everybody's going to like me...especially when I set boundaries. And, that's OK!	