

# Caregiver Burnout Self-Care Planner (Preview)

Self-care in realistic 10-minute increments.

# Step 1: Find Your Real Available Minutes

Identify the actual small windows in your caregiving day (while they nap, during a TV show) instead of planning for time you don't have.

# Get the Full Kit

Get the full version with all rows, formulas, and bonuses at [daveways.com](https://daveways.com)

# Disclaimer

This product is educational and organizational material only. It is not financial, legal, medical, tax, or professional advice. Review decisions with a qualified professional where needed.