

Self-Care Workbook

Name: _____

Date: _____ Practitioner: _____

My information

Name: _____ Date of birth: _____

Emergency contact: _____

Personal goals for this self-care workbook:

Self-care to me is:

6 months from now I plan to:

Physical self-care

Physical self-care is an important aspect of your overall well-being. In this section, you may want to describe how you're feeling physically and if there are activities you wish to try that correlate to self-care.

I am feeling _____ about my current physical self-care status.

I want to improve on:

My plan for this is:

I want to improve on:

My plan for this is:

Brainstorm ideas about self-care related to your physical needs:

Mental and emotional self-care

Mental and emotional self-care practices are an important aspect of your overall well-being. In this section, you may want to describe how you're feeling mentally and if there are activities you wish to try.

I am feeling _____ about my current mental and emotional self-care status.

I want to improve on:

My plan for this is:

I want to improve on:

My plan for this is:

Brainstorm ideas about self-care related to your physical needs:

Social self-care

Social self-care is an important aspect of your overall well-being. In this section, you may want to describe how you're feeling socially and concerning others and if there are activities you wish to try.

I am feeling _____ about my current social self-care status.

I want to improve on:

My plan for this is:

I want to improve on:

My plan for this is:

Brainstorm ideas about self-care related to your physical needs:

Spiritual self-care

Taking care of your spiritual self is important to your overall well-being. In this section, you may want to describe how you're feeling spiritually and whether there are activities you wish to try that relate to self-care.

I am feeling _____ about my current spiritual self-care status.

I want to improve on:

My plan for this is:

I want to improve on:

My plan for this is:

Brainstorm ideas about self-care related to your physical needs:

Personal notes and reflection