

SELF-CARE WORKSHEET



*For a healthy & happy
mind, body, and spirit*

Worksheet SELF-CARE

MIND

CURRENT PRACTICE:

NEW PRACTICE:

EMOTION

CURRENT PRACTICE:

NEW PRACTICE:

BODY

CURRENT PRACTICE:

NEW PRACTICE:

SPIRIT

CURRENT PRACTICE:

NEW PRACTICE:

MY NOT-TO-DO LIST

Stuff that distracts me and wastes my time:

Stuff that stresses me out and gives me anxiety:

Stuff that drains my energy:

Stuff I feel obligated to do:

Stuff that doesn't actually need to be done:

Stuff I can't control or isn't my responsibility: