

5.

Self Care Worksheet

A self care worksheet can help you by providing a structure for taking time out for yourself. It can also help to increase your awareness of what activities make you feel good and help you to stick to your self care routine.

self care routine.
This exercise will help you identify ways to improve your self care and put your own needs first.
List five things you like to do for fun or as a treat for yourself.
1.
2.
3.
4.
5.
List some people who enjoy doing these things with you but don't drain you emotionally.
1.
2.
3.
4.

Choose one of the things above that you can do in the next week, such as getting a pedicure or massage.
Which of the above things could you do in the next month?
Pick someone from the list to talk to about meeting up. Call her or him and set up a time to a something fun together.
How can you get around the problems that keep you from doing the things above? For example, save money from my next check or find free or cheap things you enjoy doing.
Make a promise to do something for yourself every week, even if it's just a relaxing bubble bath.
Want to learn more about self care? Let's talk at hello@pheelpretty.com