



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.

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.

5.

