

Self-Care Starter Worksheet

Step 1: Review the below (non-exhaustive) list and circle all the self-care practices you've engaged in that have been helpful or that you could see yourself trying. Use the blank areas to write in other self-care strategies that aren't listed

- Relaxation techniques
 - Mindfulness / Mindfulness meditation
 - Prayer
 - Processing / Talking with therapist or trusted other
 - Sleep routines
 - Positive affirmations
 - _____
 - _____
- Exercise
 - Massage
 - Reading
 - Netflix / Movies
 - Drinking a glass of wine to unwind
 - Hobbies / creative expression
 - _____
 - _____
- Gardening
 - Diet / Nutrition
 - Hiking
 - Limiting screen time
 - Video calls
 - Self-compassion practice
 - Forgiveness
 - _____
 - _____

Step 2: Choose 2-3 activities from the above, that you can complete in a few minutes. Write down your goals:

Example: I will (insert self-care strategy) practice 4/8 breathing for (length of time; keep it under 2 minutes if you struggle with keeping the commitment) 2 minutes at least 3 times per week (make this achievable)

1. I will (insert self-care strategy) _____ for (length of time; keep it under 2 minutes if you struggle with keeping the commitment) _____ at least _____ times per week (make this achievable)
2. I will (insert self-care strategy) _____ for (length of time; keep it under 2 minutes if you struggle with keeping the commitment) _____ at least _____ times per week (make this achievable)
3. I will (insert self-care strategy) _____ for (length of time; keep it under 2 minutes if you struggle with keeping the commitment) _____ at least _____ times per week (make this achievable)

Step 3: Schedule your self-care strategies in your week and make them a priority. Remember, routine leads to predictability, which leads to resilience

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							