

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
- 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							