

SELF-CARE WORKSHEET

Rate current use of wellness practices in your everyday life 0 (non-existent) to 5 (use every day). Wellness practices can include, pleasant activities, yoga, meditation, journaling, etc.)

What are your current roadblocks to effective self-care?

What self-care/wellness practice would you like to implement? (see list)

TIPS TO IMPLEMENTING EFFECTIVE SELF-CARE:

- Choose what wellness practice you are going to implement (see the list below if you do not have activity you would like to implement)
- Create a schedule when you are going to implement the activity
- Stick to the same schedule everyday
- Identify how you will overcome a roadblock if it presents itself

What is your plan to implement effective self-care?