

# Self-Care Wheel

## SELF-CARE WHEEL

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

How to Use Place this guide next to your self-care wheel diagram. For each section of the wheel, reflect on the questions or prompts provided. Write down your thoughts, activities, or goals in the corresponding section of the wheel.

Physical Health Questions to consider: What physical activities bring you joy? Are you getting enough sleep and nutrition?

**Physical:**

Emotional Health Questions to consider: What activities make you feel emotionally balanced? How do you process negative emotions?

**Emotional:**

Mental Health Questions to consider: What practices help you reduce stress? How do you challenge negative thoughts?

**Mental:**

Spiritual Health Questions to consider: What activities make you feel connected to something greater than yourself? How do you cultivate a sense of peace or contentment?

**Spiritual:**

Social Health Questions to consider: Who are the people that truly support you? What social activities do you find fulfilling?

**Social:**

Professional/Personal Development Questions to consider: What activities or skills are you keen on developing? How do you balance work and personal life?

**Professional/Personal Development:**

Creative Expression Questions to consider: What creative outlets do you have? How do you express your individuality?

**Creative Expression:**

Leisure and RelaxationQuestions to consider:What do you do to relax and rejuvenate?How often do you take time to just be?

**Leisure and Relaxation:**