

Self-Care Workbook

Name: _____ Date: _____ dd / mm / yyyy

Practitioner: _____

MY INFORMATION:

Name: _____ Date of birth: _____ dd / mm / yyyy

Emergency contact: _____

Personal goals for this self-care workbook:

Self-care to me is:

6 months from now, I plan to:

PHYSICAL SELF-CARE

Physical self-care is an important aspect of your overall wellbeing. In this section, you may want to describe how you're feeling physically and if there are activities you wish to try correlating to self-care.

I am feeling _____ about my current physical self-care status.:

I want to improve on:

My plan for this is:

I want to improve on:

My plan for this is:

Brainstorm ideas about self-care related to your physical needs:

MENTAL AND EMOTIONAL SELF-CARE

Mental and emotional self-care practices are an important aspect of your overall well-being. In this section, you may want to describe how you're feeling mentally and if there are activities you wish to try.

I am feeling _____ about my current mental and emotional self-care status.:

I want to improve on:

My plan for this is:

I want to improve on:

My plan for this is:

Brainstorm ideas about self-care related to your mental and emotional needs:

SOCIAL SELF-CARE

Social self-care is an important aspect of your overall well-being. In this section, you may want to describe how you're feeling socially and concerning others and if there are activities you wish to try.

I am feeling _____ about my current social self-care status.:

I want to improve on:

My plan for this is:

I want to improve on:

My plan for this is:

Brainstorm ideas about self-care related to your social needs:

SPIRITUAL SELF-CARE

Taking care of your spiritual self is important to your overall well-being. In this section, you may want to describe how you're feeling spiritually and whether there are activities you wish to try that relate to self-care.

I am feeling _____ about my current spiritual self-care status.:

I want to improve on:

My plan for this is:

I want to improve on:

My plan for this is:

Brainstorm ideas about self-care related to your spiritual needs:

Personal notes and reflection: