



SELF-CARE WORKBOOK



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LLC



EMBRACING THE POWER OF

self-care

Welcome to your journey of self-care. In a world that often prioritizes productivity and constant movement, taking time to pause, reflect, and care for yourself can feel like a revolutionary act. This workbook is designed to be your companion in that act — a tool to help you reclaim your time, prioritize your well-being, and connect with yourself on a deeper level. Self-care is not just a luxury or something to do “when you have time”; it’s an essential part of living a balanced, fulfilling, and resilient life.

What Is Self-Care?

Self-care is the practice of deliberately taking actions that support your mental, emotional, and physical well-being. This can range from setting healthy boundaries in relationships to making time for rest, exercise, and nourishing meals, to simply engaging in activities that bring joy and relaxation. Self-care is a holistic approach to health, acknowledging that our minds, bodies, and spirits are all deeply interconnected. When we take care of one area of our life, the benefits ripple across all areas.

Throughout this workbook, you’ll find a range of exercises, prompts, and reflections designed to help you integrate self-care into your daily life. Remember, self-care is deeply personal — there is no one-size-fits-all approach. Use these pages to explore, discover, and create practices that genuinely resonate with you. Whether you’re looking to alleviate stress, improve your mood, connect with your body, or simply bring more joy into your life, this workbook is here to guide you every step of the way.



GETTING STARTED WITH SELF-CARE

a 3-step process

STEP ONE: IDENTIFY YOUR NEEDS & PRIORITIES

Before diving into specific self-care practices, it's essential to gain clarity on what you need and value most. This allows you to focus on practices that align with your personal goals, making them more meaningful and easier to sustain.

- **Reflect:** Take a few minutes to reflect on different areas of your life—mental, physical, emotional, and social. Consider what feels fulfilling and what areas feel neglected. Where do you need the most support right now? Is it rest, social connection, emotional release, or physical activity?
- **Define Priorities:** Based on your reflections, list three to five self-care goals that feel most important. For instance, if you're feeling overwhelmed, prioritize activities that reduce stress and bring calm. If you're feeling isolated, focus on social connection.
- **Visualize the Outcome:** Imagine how these self-care practices could positively impact your life. This visualization can help reinforce your motivation to make time for self-care, even when life feels busy.

STEP TWO: START SMALL & SET REALISTIC GOALS

Making self-care a habit requires consistency, and starting with small, realistic actions helps ensure long-term success. By starting small, you avoid burnout and can build up gradually to incorporate self-care into your daily routine.

- **Choose One or Two Small Actions:** Begin with manageable activities that align with your needs and priorities. For instance, if better sleep is a priority, start by creating a 5-minute bedtime routine, like stretching or journaling, instead of overhauling your entire evening schedule.
- **Set a Time Frame:** Commit to practicing your chosen self-care activities for a specific time frame, like a week or two. Having a set period helps you assess whether the practices work for you and encourages you to keep going.
 - **Celebrate Small Wins:** Recognize and reward yourself for even the smallest acts of self-care. Did you take a five-minute break today? Celebrate that as a success! Small wins reinforce the behavior and help build self-care into a regular part of your routine.

STEP THREE: REFLECT, ADJUST, & COMMIT

Self-care is an ongoing journey that may need adjustment as your needs evolve. Taking time to reflect and assess what's working and what isn't can help you create a personalized, adaptable self-care practice.

- **Reflect Regularly:** At the end of each week or month, take a moment to reflect on your self-care practices. What activities brought you joy or relief? What felt forced or difficult to maintain? This reflection helps you stay connected to your true needs.
- **Make Adjustments as Needed:** Don't be afraid to tweak or change your approach. Self-care isn't static, and what works today may not work tomorrow. Adjust your practices to suit your current circumstances, energy levels, and needs.
- **Commit to Consistency:** As you settle into self-care routines that work, aim to make them consistent. Whether it's 10 minutes of journaling each morning or an afternoon walk, consistency is key. Remember, small, regular actions often lead to the most meaningful changes over time.



DAILY

self-care

DAILY AFFIRMATIONS

TODAY I AM GRATEFUL FOR

TODAY'S TOP GOALS

01

02

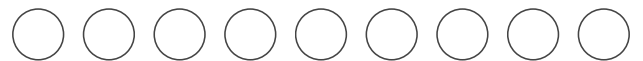
03

SCHEDULE

WATER



SLEEP



MOOD



NOTES



DAILY

checklist

Fill in the checklist spaces below with self-care activities that you can do in the morning and at night.

MORNING SELF-CARE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

NIGHT SELF-CARE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



checklist

MAKE YOUR WAY THROUGH EACH SECTION, AND TICK THE CHECKBOX FOR EACH STATEMENT ONCE THE TASK HAS BEEN COMPLETED.

PHYSICAL

- GET AT LEAST 7-8 HOURS OF SLEEP TONIGHT
- DRINK A FULL GLASS OF WATER FIRST THING IN THE MORNING
- TAKE A 5-10 MINUTE STRETCHING BREAK DURING THE DAY
- ENJOY A NUTRITIOUS, BALANCED MEAL/SNACK
- MOVE YOUR BODY FOR AT LEAST 10 MINUTES (WALK, YOGA, ETC.)

EMOTIONAL

- WRITE IN A JOURNAL ABOUT HOW YOU'RE FEELING TODAY
- PRACTICE DEEP BREATHING OR A BRIEF MEDITATION FOR STRESS RELIEF
- ALLOW YOURSELF TO FEEL & EXPRESS ANY EMOTIONS THAT COME UP, WITHOUT JUDGEMENT
- DO SOMETHING THAT BRINGS YOU JOY (READ, LISTEN TO MUSIC, WATCH A TV SHOW, ETC.)
- SET A HEALTHY BOUNDARY IN A RELATIONSHIP OR SITUATION THAT FEELS DRAINING.

MENTAL

- SPEND 10-15 MINUTES READING A BOOK/ARTICLE YOU'RE INTERESTED IN.
- TRY A BRAIN-STIMULATING ACTIVITY (PUZZLE, CROSSWORD)
- SET ASIDE A FEW MINUTES TO ORGANIZE YOUR WORKSPACE/LIVING AREA
- LIMIT SCREEN TIME & GIVE YOUR MIND A BREAK FROM TECHNOLOGY.
- REFLECT ON ONE THING YOU ACCOMPLISHED TODAY, NO MATTER HOW SMALL.

SOCIAL

- REACH OUT TO A FRIEND/LOVED ONE JUST TO SAY HELLO OR CHECK IN.
- SCHEDULE A COFFEE OR VIRTUAL CATCH-UP WITH SOMEONE YOU CARE ABOUT
- JOIN A GROUP, CLASS, OR ONLINE COMMUNITY THAT SHARES YOUR INTERESTS.
- PRACTICE ACTIVE LISTENING WITH SOMEONE, GIVING THEM YOUR FULL ATTENTION.
- EXPRESS GRATITUDE - SEND A QUICK NOTE/TEXT TO SOMEONE WHO MADE A POSITIVE IMPACT ON YOU.



SMART

goals

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

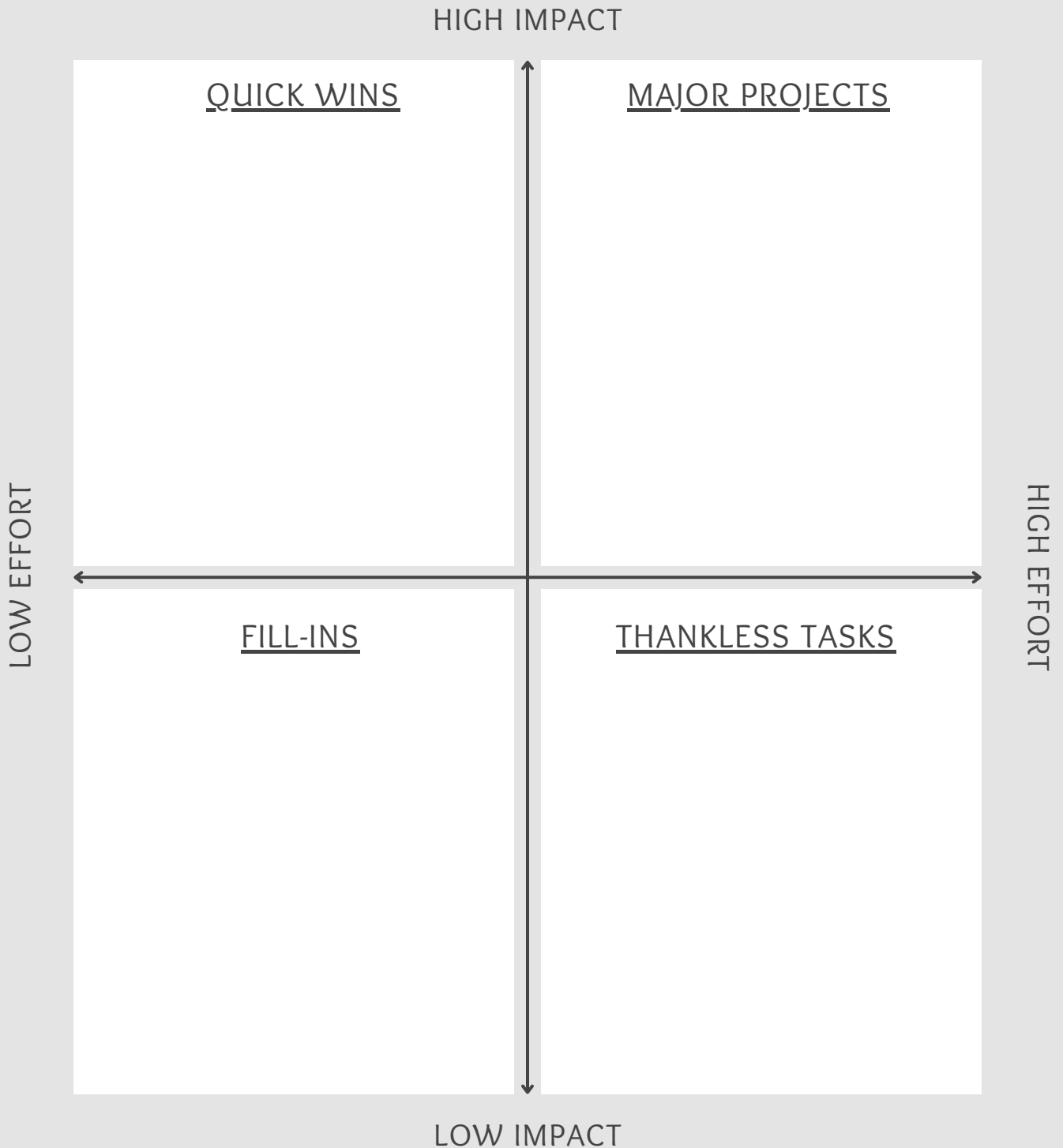
S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



ACTION PRIORITY

matrix

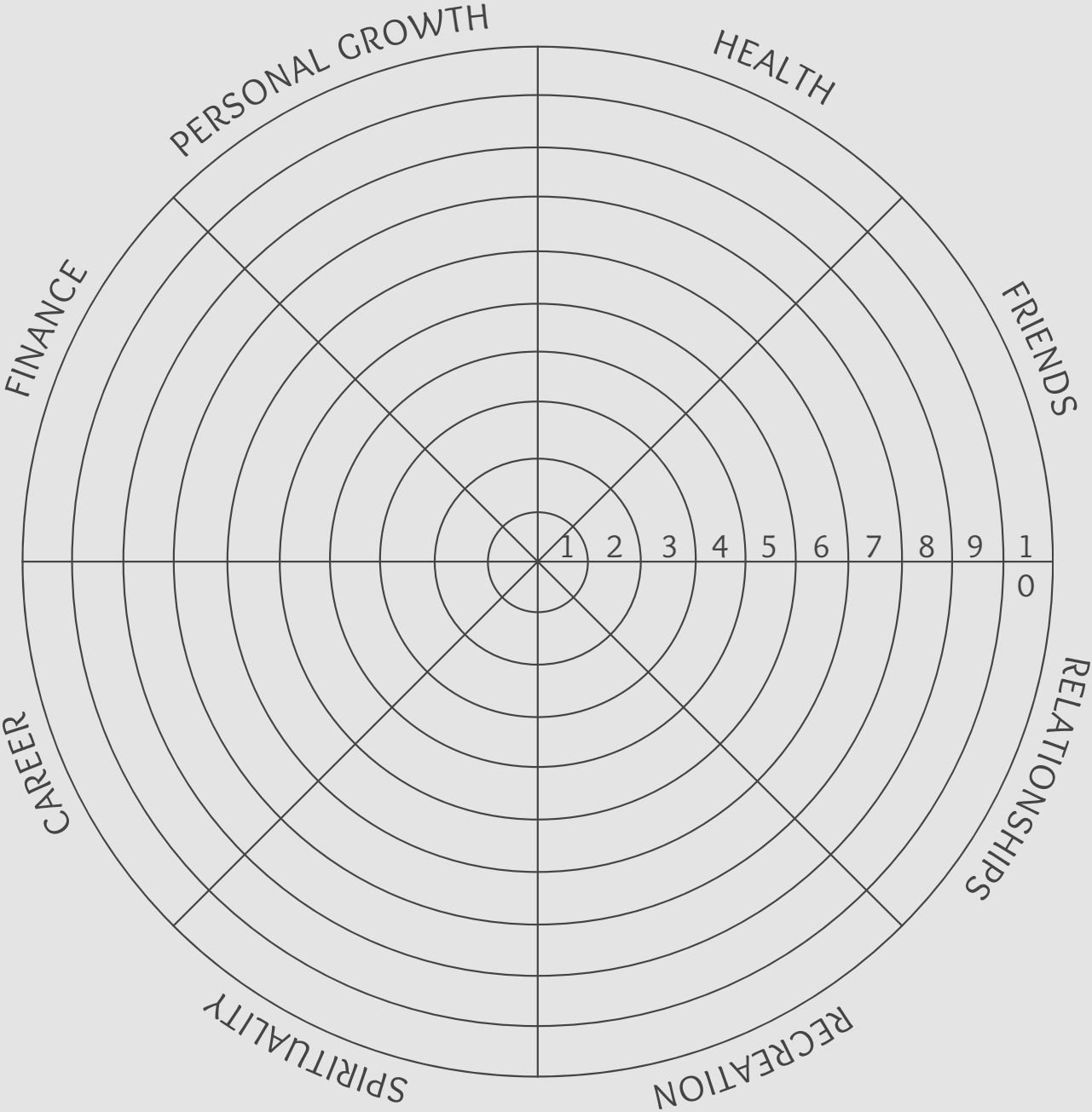
THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALIZE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.



WHEEL OF

Life

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



7 DAY

habit tracker

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS.

FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: _____

HABIT / SELF-CARE STEP

01

02

03

04

05

06

07

08

09

10

11

12

S M T W T F S

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REFLECTION NOTES



LIFE

goals

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
FAMILY			
FRIENDS			
WORK/ SCHOOL			
BODY			
MENTAL HEALTH			
SPIRITUALITY			



WEEKLY GOALS

Tracker

WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			<input type="checkbox"/>
TUE			<input type="checkbox"/>
WED			<input type="checkbox"/>
THU			<input type="checkbox"/>
FRI			<input type="checkbox"/>
SAT			<input type="checkbox"/>
SUN			<input type="checkbox"/>



UNDERSTANDING

goals

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



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