

Self Care Worksheet

Write a list of 10 self-care activities that you'd like to try.

As you try them, place a star next to the ones that made you feel good, and cross off the ones that didn't. *See next page for more reflection*

Reflect on your self-care experience. Why do you think some worked for you and others didn't?

List the self-care activities that worked in order from most effective to least.

How can you incorporate more self-care into your daily life?

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As you try out different self-care activities, use this space to reflect on how they made you feel. It may also be helpful to record how you felt before you engaged in self-care, too.