



My

Self-Care Worksheets

Easy Ways to Implement Self-Care Into Your Routine

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DAY OF THE WEEK: _____

TICK THE BOXES OF THE ACTIVITIES YOU ARE GOING TO DO TODAY

- Practice Deep Breathing
- Spend time outdoors
- Find a quiet spot to meditate
- Light an aromatic candle
- Read a book
- Take a relaxing bath
- Listen to music
- Exercise
- Catch up with a friend
- Have a dance party
- Spend time outdoors
- Get a good night's sleep
- Journaling
- Try something new: _____

- Try something new: _____

Self-Care Checklist





Self-care Goals

Physical Self-care

Emotional Self-care

Spiritual Self-care

Intellectual Self-care

Social Self-care

Environmental Self-care

Professional Self-care



Self-Care Q&A Follow Up

ANSWER HONESTLY!

From a scale of 1-10 (1 being the worst), how did I feel before I did any self-care today?

How would I rank each of the self-care options I selected from 1-10 (1 being didn't help or like at all)

Which self-care options will I do tomorrow?

What time of day is best for me to practice self-care?

What can I do to make my self-care experience more fulfilling tomorrow?

What do I need to do to ensure I continue self-care daily?
