

## **SELF-CARE WORKSHEET**

Rate current use of wellness practices in your everyday life 0 (non-existent) to 5 (use every day). Wellness practices can include, pleasant activities, yoga, meditation, journaling, etc.)

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**What are your current roadblocks to effective self-care?** \_\_\_\_\_

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**What self-care/wellness practice would you like to implement? (see list)**

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### **TIPS TO IMPLEMENTING EFFECTIVE SELF-CARE:**

- Choose what wellness practice you are going to implement (see the list below if you do not have activity you would like to implement)
- Create a schedule when you are going to implement the activity
- Stick to the same schedule everyday
- Identify how you will overcome a roadblock if it presents itself

**What is your plan to implement effective self-care?** \_\_\_\_\_

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