



Self-Care Worksheet

List out these categories: Physical, Spiritual, Emotional, Intellectual, Social, Environmental. (You might identify other categories that could work for you as well, so feel free to list those.) Now let's get started. Take some time to think about each of these areas. These are about investments into yourself. Investing in your body, mind, heart, spirit and surroundings so that you have the energy, strength and capacity to show up in your life as your truest and best self. This is a brainstorming session, so write down everything you can think of, then remember we are going to start small.

Physical:

Spiritual

Emotional

Intellectual

Social

Environmental

Mood Boosting Ideas.

Music ideas

Calming

Energizing

What are your favorite scents

Calming:

Energy building

Happy:

Create a mini-retreat right at home:

What would feel relaxing?

What would feel healthy?

Spa day at home or order take out

Journal while listening to music.

Enjoy a good book with a candle.

What would feel like a mini retreat to you?

What foods or drinks help you to:

Relax:

Feel Energy

Feel Healthy