

simplylovable **self-care starter**

Guide



MY self-care WHEEL

On a scale of 1 to 5, with 1 being least satisfied and 5 being most satisfied, how satisfied are you with the 5 areas of self-care within your life?

Shade in each area of the wheel to learn which areas of your life need improvement.



MY **self-care** REFLECTIONS

1

Did you have an 'aha' moment or was **surprised** after completing your Self-Care Wheel? **Which areas of your life** (mental, emotional, physical, spiritual, professional, and personal) **need more** care right now?

2

What areas of my life do I **WANT to improve** when it comes to Self-Care? (Select 3 areas that you would like to immediately focus on)

3

Why is this important to me?

4

Area #1 to improve (most important): _____

+ 3 Actions I can do this week to increase my satisfaction

5

Area #2 to improve: _____

+ 3 Actions I can do this week to increase my satisfaction

6

Area #3 to improve: _____

+ 3 Actions I can do this week to increase my satisfaction



Daily **self-care** Practices

**It's important to take care of YOU!
These self-care practices will help you calm your mind,
body, and soul, while contributing to a happy
and fulfilling life.**

1. Take time to do something you really love to do.
2. Meditate to clear your mind, strengthen your focus, and increase peace.
3. Spend time outside and acquaint yourself with nature.
4. Stay in touch with your feelings.
5. Develop an exercise routine to reduce the pressures of life and to restore both your mind and body.
6. Practice gentle skin care habits.
7. Take a comforting bath. Include candles, soft music, or soothing oils.
8. Develop a lifestyle of nutritional eating.

self-care worksheet

Use the following worksheet to plan ways you can practice self-care.

Self-care goals I need to work on.

Ways I can increase more exercise.

Healthy snacks and meal ideas for the week

Small things I can do to give myself some 'ME' time.

Other self-care activities I can do during the week.

✦ stay in touch ✦

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