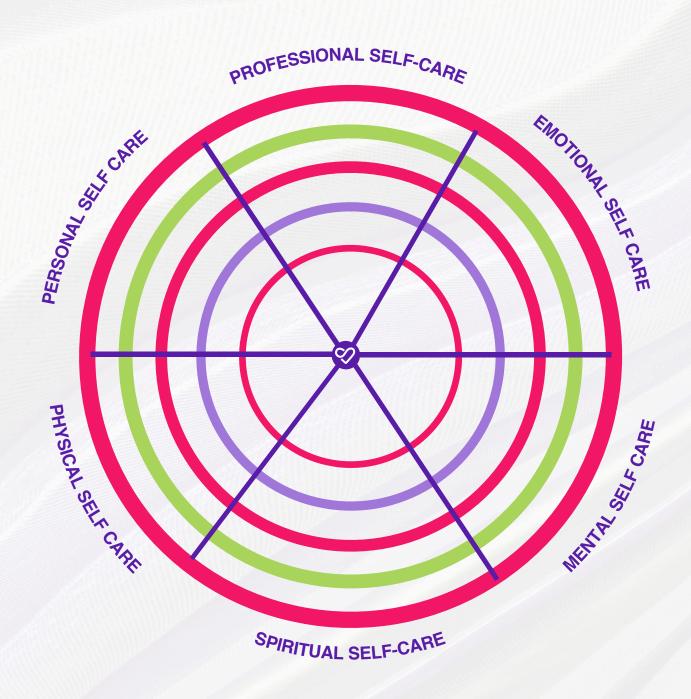


MY Self-care WHEEL

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

	What areas of my life do I WANT to improve when it comes to Self-Care? (Select 3 areas that you ike to immediatley focus on)
	Why is this important to me?
-	Area #1 to improve (most important):
	+ 3 Actions I can do this week to increase my satisfaction
	Area #2 to improve:
	+ 3 Actions I can do this week to increase my satisfaction
	Area #3 to improve:
	+ 3 Actions I can do this week to increase my satisfaction



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.





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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