

Self-Care Worksheet



What is your current level of self-care on a scale of 1 - 10 ?

--

10 = Excellent

1 = Self-Care ? Never heard of it.

What are your top 3 barriers to Self-Care? Write them down without overthinking it!

1)
2)
3)

Now, the fun part! It's time to create your Self-Care Plan of Action:

STEP #1: LET GO OF MOMMY GUILT

Write down 3 Mommy Guilt thoughts you have on a regular basis:

1)
2)

3)

How can you reframe each of these?

Example: Mommy Guilt Thought: “I am being selfish when I take time for a bath.”

Reframe: “I am a more relaxed and present mom when I take 20 minutes to relax in the bathtub.”

Write your reframed thoughts below:

1)

2)

3)

STEP #2: TAKE INVENTORY AND PRIORITIZE

Reflect on what areas of your life feel the most out of balance. Is it your health (physical), your relationships (emotional), your intellect (mental), or your sense of purpose (spiritual)? Where are you suffering the most and what needs the most immediate attention?

Prioritize the 4 areas in order of importance below:

1)

2)

3)

4)

STEP #3: LIST 3 SELF-CARE IDEAS FOR EACH CATEGORY FROM ABOVE

Choose things that make you excited and that speak to your soul. Even if you don't know how it will be possible to incorporate them into your life right now, write them down anyway.

1a)
1b)
1c)

2a)
2b)
2c)

3a)
3b)
3c)

4a)
4b)
4c)

#STEP 4: WRITE OUT YOUR IDEAL WEEK

What does your ideal week look like in terms of self-care? What would you do and when would you do it? Don't worry about whether or not it is possible right now.

--

#STEP 5: START SMALL

Pick ONE self-care idea from the first category on your list and commit to doing it for two weeks.

Self-Care Idea:
Frequency:

#STEP 6: AFTER TWO WEEKS, ADD A SELF-CARE IDEA FROM YOUR SECOND CATEGORY

Self-Care Idea:
Frequency:

STEP #7: KEEP A SELF-CARE JOURNAL

Once you've got the ball rolling, keep a journal to track your progress, adding another self-care idea in every two weeks. Check in with yourself, reassess when you begin to feel out of balance, and adjust your plan.