

Self-Care Worksheet #1

Check out the “Basics of Self-Care” post on crazycatnerd.com for more details.

A reminder of the types of self-care: physical, emotional, intellectual, social, family, play, spiritual, security and environmental.



Question #1: What benefits of self-care most appeal to you?

Question #2: Which three types of self-care do you already put the most effort into?

Question #3: Which three types of self-care do you need the most improvement in?

Take Action!

Question #4: What are three self-care activities you could try to do this week?

