

Self Care Worksheet

An empty lantern provides no light. Self-care is the fuel that allows my light to shine brightly! I am taking ownership of my life by taking care of myself first!

Mind

Checklist

- Express Myself
- Check My Feelings
- Learn Something New
- Meet Social Needs
- Set Good Boundaries



My Notes

Body

Checklist

- Move My Body
- Eat Nourishing Food
- Get Adequate Rest
- Deep Breathe Clean Air
- Drink Enough Water



My Notes

Soul

Checklist

- Practice Gratitude
- Practice Meditation
- Create Core Values
- Create Life Goals
- Spend Time Alone



My Notes