



SELF CARE WORKSHEET

Some self care techniques work for certain people and others don't really resonate.

Circle the things that you feel like you can incorporate into your week..

- Acupuncture
- Affirmations
- Bath or hot tub soak
- Be grateful
- Breathe!
- Cooking
- Cuddling
- Eat good food
- Education
- Energy Work
- Essential oils/aromatherapy
- Exercise
- Facials
- Gardening
- Get some fresh air
- Girl time
- Good sleep
- Hobbies
- Journaling/Writing
- Laugh
- Light some candles
- Listen to an inspiring podcast
- Mani/Pedi
- Massage
- Meditation
- Music
- Nature hiking /Walking
- No TV / Restrict screen time
- Painting, drawing or artistic outlet
- Pet time
- Power nap
- Prayer
- Reading
- Reiki
- Religion/spirituality
- Rituals
- Sex
- Sports
- Sunbathe
- Swimming
- Talk to a therapist or coach
- Tea / Coffee time
- Test drive a sports car
- Time with family
- Visit the ocean or mountains
- Volunteering
- Walk the dog
- Watch an inspiring YouTube video
- Watching movies
- Wine
- Write a letter to someone
- Yoga /stretching