\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’s Self-Care Worksheet

1. What self-care habits are you using now to focus on yourself and your health

I get at least 8 hours of sleep each night.

I . . .

a.

b.

c.

2. What self-care habits do you want to start practicing?

I want to join a yoga class.

I want to . . .

a.

b.

c.

3. What stands in your way?

I am not taking a yoga class now because I don’t have the time and I think it might be too expensive.

I am not \_\_\_\_\_\_\_\_\_\_\_\_\_ because . . .

a.

b.

c.

4. What solutions can you come up with to address the obstacles you listed?

I could look for discounted or free yoga classes. I could free up time for myself by cutting back on my volunteer work, asking friends about classes they attend and prioritizing adding self-care to my budget

I could . . .

a.

b.

c.

5. Take a moment to reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below.

Today, I commit to taking a weekly yoga class. I want to do this because I want to improve my flexibility, learn a new skill, and have some time for myself each week. I will accomplish this by finding and enrolling in a free or low-cost class and by easing up on my commitments and asking for help from others.

Today, I commit to . . .

I want to do this because . . .

I will accomplish this by . . .