

Self-Care Worksheet

This worksheet is designed to help you begin sketching out a care-plan for yourself. Review the workshop handouts and see what resonates most with you.

Consider these realms of your existence: physical, psychological, emotional, spiritual and professional. Consider them but don't get stuck on them. Just focus on what has peaked your interest most during the workshop and begin to identify what you want to initiate in service of your own well-being and resiliency.

Do - select what inspires you

Don't - select what you think you "should" do

Do - choose a few potent ideas

Don't - overwhelm yourself by choosing too many

Do - share your plan with someone else

Don't - keep your plan a secret
