



Workbook One

SELF-CARE

A THIRTY-DAY CHALLENGE

Physical, Emotional, Social, Spiritual, Personal, and Professional

I am confident in
my ability to
overcome
challenges.



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Assess your level of contentment for each area on
the self-care wheel



What are two things that make you happy? What about them brings you joy?

How can you incorporate them into your life? When will you incorporate them into your life?

Do you have any hesitations about engaging in self-care? How can you overcome this?

Which activity did you choose today?

Detail any preparations needed for the activity, like setting aside time, creating the right environment, traveling.

How did you engage in the activity? What did you do and how did it go?

Would you consider varying the types of activities to include a mix of physical, emotional, social, personal, spiritual self-care by your specific needs? Where do you need to focus?

Reflect on the experience. Did it meet your expectations? How did it make you feel? Did you encounter any challenges or learn something new about yourself?

Rate your overall well-being at the end of the day on a scale of 1-10, explain.

Notes for tomorrow.

Today I'm grateful for:

1

2

3

4

Today I felt:



Notes:

For tomorrow: