



Workbook Three

# SELF-CARE

A THIRTY-DAY CHALLENGE

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

I am a beautiful  
person, inside  
and out.



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## A THIRTY-DAY CHALLENGE

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



What challenges do you face in maintaining a balanced diet, and how do you overcome them?

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: