



Workbook  
Seven

# SELF-CARE

A THIRTY-DAY CHALLENGE

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

I honor my needs  
and recognize  
they are  
important.



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## A THIRTY-DAY CHALLENGE

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



How do you incorporate the basics of a healthy diet into your daily life?

What are some effective strategies you've found for managing stress through physical activities?

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.

Summarize your experiences this week.

Reflect on the most and least enjoyable activities.

Note any changes you've observed in your mood, stress levels, or general well-being.

Today I'm grateful for:

1

2

3

4

Today I felt:



Notes:

For tomorrow: