



Workbook Eleven

SELF-CARE

A THIRTY-DAY CHALLENGE

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

I deserve to feel
good, and self-
care helps me
achieve that.



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



- 1 How do you nurture your social connections while respecting your personal boundaries?

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: