



Workbook Nineteen

# SELF-CARE

A THIRTY-DAY CHALLENGE

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

"I have the power  
to create change  
in my life and I  
use it with  
wisdom and  
courage."



# SELF-CARE

A THIRTY-DAY CHALLENGE

# SELF-CARE

## A THIRTY-DAY CHALLENGE

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



What are your most effective time-management strategies for personal projects?

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: