



Workbook
Thirty

SELF-CARE

A THIRTY-DAY CHALLENGE

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

I am proud of
who I am and
who I will
become.



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



Can you share a success story of overcoming a challenge in practicing regular self-care?

How do you keep yourself motivated for long-term commitment to self-care, especially during tough times?

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.

Summarize your experiences this month.

Note any significant milestones or shifts in your approach to self-care.

Reflect on your overall journey.

Note the key takeaways and how this experience has impacted your approach to self-care.

Today I'm grateful for:

1

2

3

4

Today I felt:



Notes:

For tomorrow: