



# Self-Care Guide

## HOW TO USE THE SELF-CARE GUIDE

**STEP ONE:** DETERMINE WHAT YOU NEED. USE ONE SHEET FOR EVERY SELF-CARE GOAL YOU HAVE THAT YOU DEFINE AS A NEED. IN THE GOAL BOX, WRITE WHAT YOU NEED.

**STEP TWO:** DEFINE YOUR GOAL BY TYPE. CHECK MARK WHICH CATEGORY YOUR SELF-CARE GOAL FALLS UNDER. SPIRITUAL, PHYSICAL, MENTAL (THOUGHTS), EMOTIONAL (FEELINGS).

**STEP THREE:** **COMPASSION**- WRITE HOW YOU CAN SHOW COMPASSION TO YOURSELF IN CHANGING THIS AREA OF YOUR LIFE. WHERE DO YOU NOTICE DISTRESS (ANXIETY, SORROW OR PAIN) AND FEEL MOVED TO ALLEVIATE IT. "WE CANNOT CHANGE WHAT WE DO NOT ACKNOWLEDGE." WRITE DOWN ANYTHING THAT YOU HAVE IGNORED, THAT YOU NEED TO ACKNOWLEDGE AS PART OF YOUR ACTION PLAN TO WORK TOWARD YOUR SELF-CARE GOAL.

**STEP FOUR:** **ACTION**- WRITE DOWN SOME SMALL, PRACTICAL ACTION STEPS YOU CAN MAKE TO WORK TOWARD THIS PARTICULAR SELF-CARE GOAL.



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## GOAL DEFINE GOAL TYPE

WHAT I NEED:

SPIRITUAL \_\_\_\_\_

PHYSICAL \_\_\_\_\_

MENTAL \_\_\_\_\_

EMOTIONAL \_\_\_\_\_

## ACTION STEPS TO ACHIEVE IT

COMPASSION

ACTION