

Self-Care Worksheet

For each of the following categories, what are 1-3 SMART goals that will support you?

SMART: Specific, Measurable, Attainable, Realistic, Time-based

1.

PHYSICAL

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2.

PSYCHOLOGICAL

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3.

EMOTIONAL

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4.

SPIRITUAL

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5.

PERSONAL

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6.

PROFESSIONAL

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For each of the following categories, what are 1-3 SMART goals that will support you?

SMART: Specific, Measurable, Attainable, Realistic, Time-based

1.

PHYSICAL

Work out at least 2x a week for 30 min.

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Go for a walk after dinner daily

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2.

PSYCHOLOGICAL

Read 2x a week before bed

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Watch TV only 3x a week

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Take time off once a quarter

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3.

EMOTIONAL

Practice meditating weekly

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Journal after work daily

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4.

SPIRITUAL

Pray nightly before bed

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Do yoga 3x a week

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5.

PERSONAL

Get 8 hours of sleep on weekdays

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Learn how to play the guitar

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6.

PROFESSIONAL

Seek supervision monthly

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Use all vacation and sick days

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Self-Care Worksheet

The Six Stokes of the Self-Care Wheel.



Physical Self-Care: People often think of this type of self-care. This includes taking care of your physical well-being. Exercise, sleep, enough water, taking a walk, and getting massages are a few examples.



Physiological Self-Care: This type of self-care involves engaging in activities that you enjoy, nourishes you, and reconnects you to yourself. Some examples include, reading a book, journaling, or gardening.



Emotional Self-Care: Self-compassion and kindness are hallmarks of this type. Practices in this category help us become more emotionally present for ourselves. Some activities include, practicing positive affirmations, finding a hobby, or meditating on a regular basis.



Spiritual Self-Care: This type relates to finding purpose and meaning in life. It does not have to relate to religion, although for some people it may. Spiritual self-care involves activities that promote inner peace, some of these may include doing yoga, praying, or volunteering time to charity.



Personal Self-Care: This type may encompass several aspects of the other classifications. It involves partaking in activities that focus on you as an individual, and your needs and desires. Some ideas include, setting goals for yourself, spending quality time with your family and friends, or learning a new hobby.



Professional Self-Care: Taking care of ourselves means engaging in daily practice to establish boundaries and goals within our professional life. This may involve making sure to use all your sick/vacation days, taking time for lunch, creating professional goals and training, or not checking your email when off work.