



Self Care Worksheets

Sometimes even the idea of pursuing healthier thoughts and habits can be overwhelming. We don't know where to start, and often give up. Don't let that be you today. Let's put you first in this moment, and dive into a few worksheets to get started.





Habit Tracking

Let's work on cleaning up your daily habits!

HABITS TO KEEP

-
-
-
-

HABITS TO LEAVE BEHIND

-
-
-
-

WHAT ARE YOU PROUD OF?

-
-
-
-

SELF CARE ITEMS REQUIRED

-
-
-
-



Track your meals

Let's learn what your body needs!

BEVERAGES CONSUMED

-
-
-
-

LIST EACH MEAL

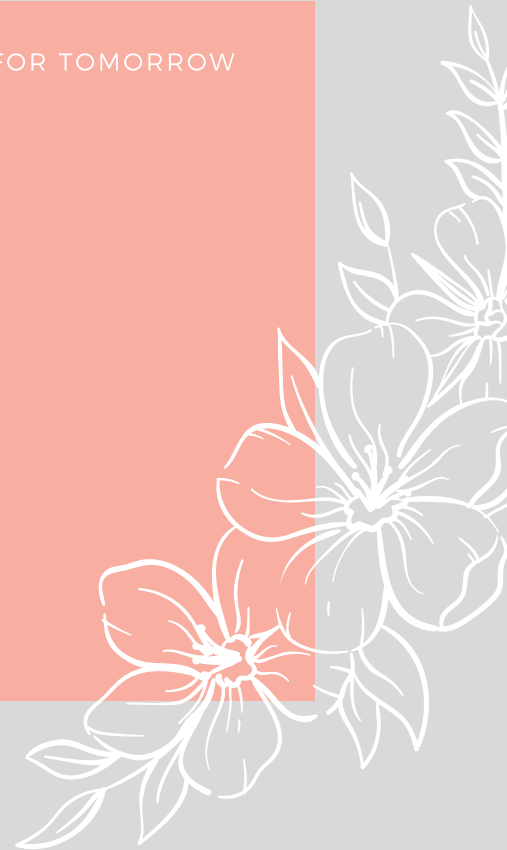
-
-
-
-

SNACK LIST

-
-
-
-

MEAL IDEAS FOR TOMORROW

-
-
-
-





Let's Track Self Care

Let's focus on what your mind needs!

WAYS TO ENJOY WHO YOU ARE

-
-
-
-

SELF CARE HABITS

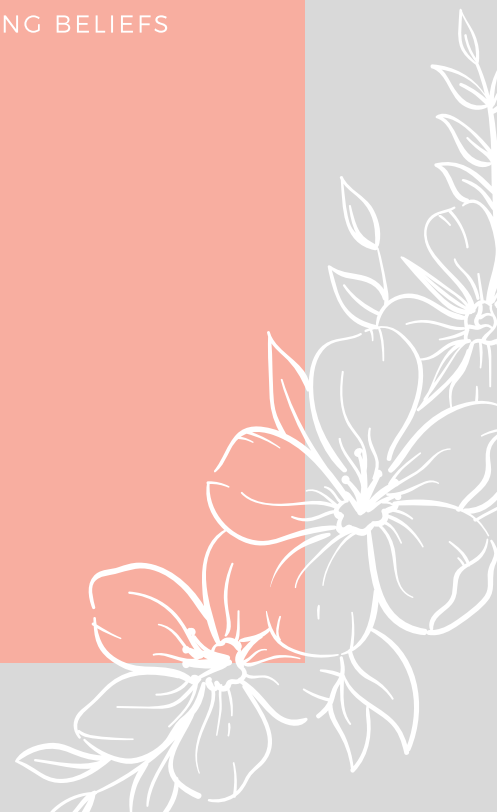
-
-
-
-

LIMITING BELIEFS YOU HAVE

-
-
-
-

EMPOWERING BELIEFS

-
-
-
-





Situational Awareness Tracking

You have situations you can control, and
can't!

SITUATIONS YOU CAN
CONTROL

-
-
-
-

SITUATIONS YOU CAN'T
CONTROL

-
-
-
-

IDEAS TO CHANGE THE
CONTROLLABLE ONES

-
-
-
-

IDEAS TO EASE THE
UNCONTROLLABLE

-
-
-
-





Next Steps

- Get a planner for meal planning, habits and plans.
- Read intellectual novels to spur inspiration
- Begin a journal to continue your personal growth journey
 - Follow me for more tips!

