



# SELF-CARE WORKSHEET

Wellness & Therapeutic Services, LLC

**When there is no balance in life and other areas, it can lead you to feel unsatisfied, frustrated and disconnected. This worksheet is a quick guide to support you in identifying ways to bring balance to your life. Please take the time to carefully think about your answers as they can be used towards life changing goal setting.**

**What is your understanding of what Balance means in your life?**

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**What are ways that you can give Self-Praise throughout the day?**

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**Do you believe that you are able to Prioritize Yourself daily? If so, please share two ways in which this is accomplished?**

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**Are you comfortable with delegating some responsibilities in order to give yourself more time to tend to yourself? If you have extensive work duties, you may want to focus on ways to increase time for you and your family. Please write 1-2 ideas that can help in this area.**

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(Continued)

**Okay, keep going. You are almost to the end of the worksheet which means that you are becoming more aware of things that will create balance in your life.**

**What concerns are you holding onto that you find yourself overthinking yet there is nothing that can be done to change the outcome? Are you able to compartmentalize when needed?**

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**Identify at least 2 Safe Places you can go to when you need “Me Time:”**

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**Determine 2-3 areas where it is necessary to set boundaries to prevent burn-out:**

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**Now, that you have highlighted any areas of concerns and things that have worked for you please take a moment to breathe & pat yourself on the back for a job well done.**

**Next, please do the following: Start planning ways to begin implementing or reviving those tasks that create balance in your life. You are off to a good start.**

*Make yourself a priority once in a while.*

*It's not selfish.*

*It's necessary.*

*-Author Unknown*