

, Self-Care Worksheet FINDING BALANCE IN MY LIFE

3	

MIND

CURRENT PRACTICE

BODY

CURRENT PRACTICE

NEW PRACTICE

NEW PRACTICE

EMOTIONS

CURRENT PRACTICE

SPIRIT

CURRENT PRACTICE

NEW PRACTICE

NEW PRACTICE

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Date:



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WORK

CURRENT PRACTICE

NEW PRACTICE

RELATIONSHIPS

CURRENT PRACTICE

NEW PRACTICE

OTHER:

CURRENT PRACTICE

CURRENT PRACTICE

OTHER:

NEW PRACTICE

NEW PRACTICE

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Date: