



Self-Care Worksheet



FINDING BALANCE IN MY LIFE

MIND

CURRENT PRACTICE

NEW PRACTICE

BODY

CURRENT PRACTICE

NEW PRACTICE

EMOTIONS

CURRENT PRACTICE

NEW PRACTICE

SPIRIT

CURRENT PRACTICE

NEW PRACTICE



Self-Care Worksheet



FINDING BALANCE IN MY LIFE

WORK

CURRENT PRACTICE

NEW PRACTICE

RELATIONSHIPS

CURRENT PRACTICE

NEW PRACTICE

OTHER: _____

CURRENT PRACTICE

NEW PRACTICE

OTHER: _____

CURRENT PRACTICE

NEW PRACTICE