

# Self-Care Worksheet

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**Instructions:** Use this worksheet to list self-care activities you enjoy, schedule regular self-care time, and reflect on the benefits of your self-care routine.

## Self-Care Activities:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Self-Care Schedule:

- Activity: \_\_\_\_\_
- Day/Time: \_\_\_\_\_
- 
- Activity: \_\_\_\_\_
- Day/Time: \_\_\_\_\_
- 
- Activity: \_\_\_\_\_
- Day/Time: \_\_\_\_\_

## Outcome Evaluation:

- How do you feel after engaging in self-care?  
\_\_\_\_\_
- What benefits have you noticed?  
\_\_\_\_\_
- How can you incorporate more self-care into your routine?  
\_\_\_\_\_